



*"Delivering excellence, innovation and success"*

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Issue 6

SEPTEMBER 2018

## 2018 CALENDAR

### TERM 3

### TERM 4

Week 8	Event	Year Groups
Wed 12 <sup>th</sup> Sept	Academic Enrichment Testing Catch-up day	6
Wed 12 <sup>th</sup> Sept	Knights 9's - Windale	Selected Students
Wed 12 <sup>th</sup> Sept	P&C Meeting - 6.30pm	All
Thur 13 <sup>th</sup> Sept	R U OK? day	All

Week 9	Event	Year Groups
Mon 17 <sup>th</sup> Sept - Fri 21 <sup>st</sup> Sept	Exam Period	11
Wed 19 <sup>th</sup> Sept	U16's Rugby League 7 aside	Selected Students
Fri 21 <sup>st</sup> Sept	Touch Football	Selected Students
Fri 21 <sup>st</sup> Sept	Gala Day	7

Week 10	Event	Year Groups
Mon 24 <sup>th</sup> Sept - Wed 26 <sup>th</sup> Sept	Crossroads Camp	11
Thur 27 <sup>th</sup> Sept	Graduation Ceremony - 9.30am	12

Week 1	Event	Year Groups
Mon 15 <sup>th</sup> Oct	Students return to school	All
Thur 18 <sup>th</sup> Oct	HSC Exams Commence	12

Week 2	Event	Year Groups
Tues 23 <sup>rd</sup> Oct	Immunisations	7
Wed 24 <sup>th</sup> Oct	Science Discovery Day	10
Fri 26 <sup>th</sup> Oct	Principal's Assembly	11

Week 3	Event	Year Groups
Mon 29 <sup>th</sup> Oct - Fri 2 <sup>nd</sup> Nov	VET Work Placement	11
Mon 29 <sup>th</sup> Oct - Fri 2 <sup>nd</sup> Nov	Science VALID8 Exam window	8
Wed 31 <sup>st</sup> Oct	Elevate Study Program	11

Week 4	Event	Year Groups
Mon 5 <sup>th</sup> Nov - Fri 9 <sup>th</sup> Nov	VET Work Placement	11
Tues 6 <sup>th</sup> Nov	Parent Teacher Interviews	11
Wed 7 <sup>th</sup> Nov	P&C Meeting - 6.30pm	All
Fri 9 <sup>th</sup> Nov	Remembrance Day Assembly	All

### FACULTY LEADERS

Admin	Craig Jarrett (Relieving)
CAPA	Liz Alder (Relieving)
English	Rebecca Bartlett (Relieving)
HSIE	Nicola Steiner
Mathematics	Ben McCartney
PD/H/PE	Sue Ford
TAS	Brian Means
Science	Natalie Death
Support	Tania McLaren (Relieving)
Teaching/Learning	Liz Alder
Wellbeing	Julie Myers & Steve Quigley

### YEAR ADVISERS

Year 7	Lisa Hunt
Year 8	Ainslie Martin
Year 9	Melissa Parish
Year 10	Jodie Scheffler
Year 11	Rebecca Conn
Year 12	Nathan Russell (Relieving)



## PRINCIPAL'S MESSAGE



**Ms Desley Pfeffer**

It seems that Term 3 has been one of my busiest terms ever at Mount View HS. I can't remember having had so many student and staff successes to celebrate, or so many projects and initiatives on the go at once!

**Congratulations** - So much to celebrate!

- MVHS's win at the Annual Mayoral Debate
- our Girl's OzTag team will represent the Hunter region at the State Championships on Wednesday 12 September
- F1inSchools results at the regional competition – MVHS will have 4 teams (Pentessellate, Impro Racing, Flaming Speed and Bullet Fury) competing at the state finals for the F1 in Schools competition 5-7 November. Pentessellate were the overall winners at the Regional finals.
- Student, staff and program awards at the Cessnock Community of Great Public Schools' Education Week Reception
- Kullaburra Awards where many of our ATSI students' successes were recognised – thank you Mrs Jeffery for deputising in my absence on this occasion

### External Validation (EV)

Each year all Department of Education schools undertake a self-assessment against a School Excellence Framework. Once in every 5 years the school will be externally validated against the framework by a panel who are specifically trained for this purpose. MVHS has just recently undergone this process. After weeks of collating evidence against the 14 elements of the School Excellence Framework, annotating each piece of evidence, writing analysis statements and then an Executive Summary, we were extremely proud to present our school and its achievements to the panel.

The panel validated our self-assessment in all areas of the framework. Our achievements in the elements of wellbeing and school resources was deemed to be at the highest level – 'excelling'. Ten remaining elements were deemed to be 'sustaining and growing' (with much emphasis on the 'growing' part!) and two elements were self-assessed as 'delivering.' We will showcase our submission at the P&C meeting and explain this most important process further. Suffice to say, the external validation process certainly affirmed that we are 'kicking goals' in many areas and something that we have much reason to celebrate. Thank you to the EV Team – Mrs Jeffery, Mr Hookway, Mrs Steiner, Mrs Bailey (Principal Support Officer) who assisted me greatly in this process!



### Cooler Classrooms Program

MVHS will qualify for additional air conditioning to all learning spaces under the government's Cooler Classroom Program! Whilst we recently installed 15 units to various areas across the school, we will be inspected by the Department of Education in the forthcoming holidays to get ready for ALL learning spaces to have air conditioning installed. The exact date for installation is not known at this stage. We are, however, installing an extra-large ceiling fan in the MPC before the end of this term! The structural engineer's report is in, the approval has been given and the P&C have generously donated over \$8000 to split the cost of the fan with the school. It will certainly be welcome relief in the upcoming warmer months.

## PRINCIPAL'S MESSAGE

### Road Safety Review – Staff car park

In response to a Departmental safety alert I recently undertook a safety review of our staff car park and bus bay area with the Department's Health and Safety Consultant and Warren Jeffery from Cessnock City Council.

The safety alert has been published in response to a tragic accident at a school in Western Sydney last year which caused death and serious injury to young students at the school. As a result, you will see a few changes to carparking in the school grounds and additional signage in the school vicinity. More information will be published as this work is undertaken. In the meantime, as always, we ask that parents do not enter the staff car park to drop off or pick up students (with, of course, the exception of disabled students who should park in the designated parking spots).

### Transition Visits to Primary Schools

Transition visits to most of our local primary schools were undertaken recently. Accompanying me on the visits was Mr Hookway (Yr 7, 2019 Deputy Principal), Mrs Myers (Head Teacher Wellbeing), Mrs Bendall (Yr 7, 2019 Year Adviser), Mrs Parish (Learning and Support Teacher) and, for the first time, current MVHS students who had previously attended those schools visited. This was a welcome addition to our transition team and it was wonderful to see such strong ambassadors for our school speaking with assurance and pride in our school as they spoke to Year 6 students about high school.

### Enrolments and non-local (out of zone) enrolments

Currently we have little (that is, only about 3 vacancies) in Years 7-10 as a whole, for non-local (out-of-zone) enrolments. We are required to maintain a small buffer of spaces for local enrolments and, demand for non-local enrolment in our school is very strong. All non-local enrolment applications are considered by a panel comprising myself, a Deputy Principal and a P&C representative. We have several students on waitlists hoping for a place to become available. Together with a strong number of enrolments for Year 7 (2019), this is a strong sign of confidence in our school.

### School Uniform

Unfortunately the current state of many of our students' school uniform adherence is very concerning and, in some cases, simply unacceptable. We realise that the winter months can cause some additional stress in terms of warm clothing and getting clothes dry but many students it would seem, are simply refusing to adhere to our school uniform code. Hoodies are NOT, and never have been, part of the school uniform and should not be worn at school. So too, jumpers with large motifs, jeans, black pants for girls or boys and girls' exercise tights are all unacceptable.

Mrs Myers will be finalising a review into the school uniform later this year. Please stay tuned for further information. In the meantime, perhaps as Term 4 commences and the weather warms up, our students can present themselves in correct school uniform and proudly identify as a student of MVHS.

### Beyond Bullying Review

A team of approximately 15 students, staff, parents and community youth organisation members have been working on the Beyond Bullying Review. The number of surveys returned from parents, staff and students has been outstanding. Focus groups and interviews have also been conducted in the school with students and staff. The team is meeting again on Friday 14 September and review findings and recommendations will be finalised by early Term 4.



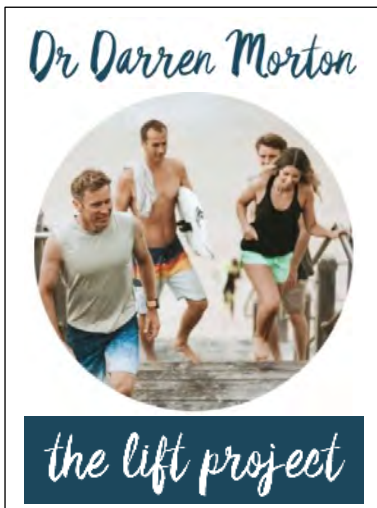
*Members of the Beyond Bullying team*

## PRINCIPAL'S MESSAGE

### Positive Education, Check-In, and The Lift project

Our school's commitment to the introduction of positive education and positive wellbeing is gaining lots of attention. As a foundation member school of the Positive Education School's Association (PESA) in NSW we recently hosted a forum attended by about 100 educators from Newcastle, Central Coast, and Upper and Lower Hunter areas – representing public, private and independent school systems.

Check-In activities are continuing to be embedded and support the Five Ways to Wellbeing framework – Connect, Keep Learning, be Active (& Healthy), Take Notice and Give. As a school we have been invited to share our positive education journey with a number of local and NSW schools. Early in term 4 I have been asked to share this with the secondary principals from across the Hunter.



Being mindful of our own health and wellbeing, 44 staff have recently embarked on a 10 week program, "The Lift Project." This is coordinated by Dr Darren Morton who is a lecturer in lifestyle medicine at Avondale College. Dr Morton presented a wellbeing training session at our School Development Day at the beginning of this term and his message certainly resonated with staff – this led to a fantastic commitment by staff to take charge of improving their own wellbeing. We are a trial school for this amazing program and look forward to sharing our insights into the program with Dr Morton in Term 4.

### Year 12 Graduation

At the end of this term we will celebrate the culmination of 13 years of schooling with our beautiful Year 12 students – a huge milestone in their lives – at the Year 12 Graduation Ceremony. They are an exceptional group of young people who have so much ahead of them. We wish them well for their HSC examinations and will no doubt hear a lot more from them as they embark on their many and varied post-school destinations and pathways.

Good luck Year 12!

## DEPUTY REPORTS

### Mrs Larayne Jeffery – Relieving Deputy Yrs 7/9/11



#### Farm Visit – Fundraising for Farmers

What a great time I had on the farm with students who were involved in fundraising activities to raise money for farmers suffering from drought conditions. The Agricultural staff organised a gum boot throwing competition, wheelbarrow races and baby chicks to hold.

Mr Jarrett and I were soundly beaten in the wheelbarrow race by William Nothnagel and his driver despite the bindies in their hands! Well done William!



*Kim Arnott, Lilliana Thompson and Zayne Denning help Mrs Jeffery check out the chickens*



*Mr Jarrett and Mrs Jeffery compare Akubras!*

#### Staff Professional Learning – Deputy Principal’s State Conference

Mr Hookway and Mrs Jeffery attended Mount Panorama for the NSW State Deputy Principal’s Conference hosted by Western Region.

Keynote speakers presented the latest research on Student Wellbeing and Practical Ways to Build Resilience and Growth Mindset.

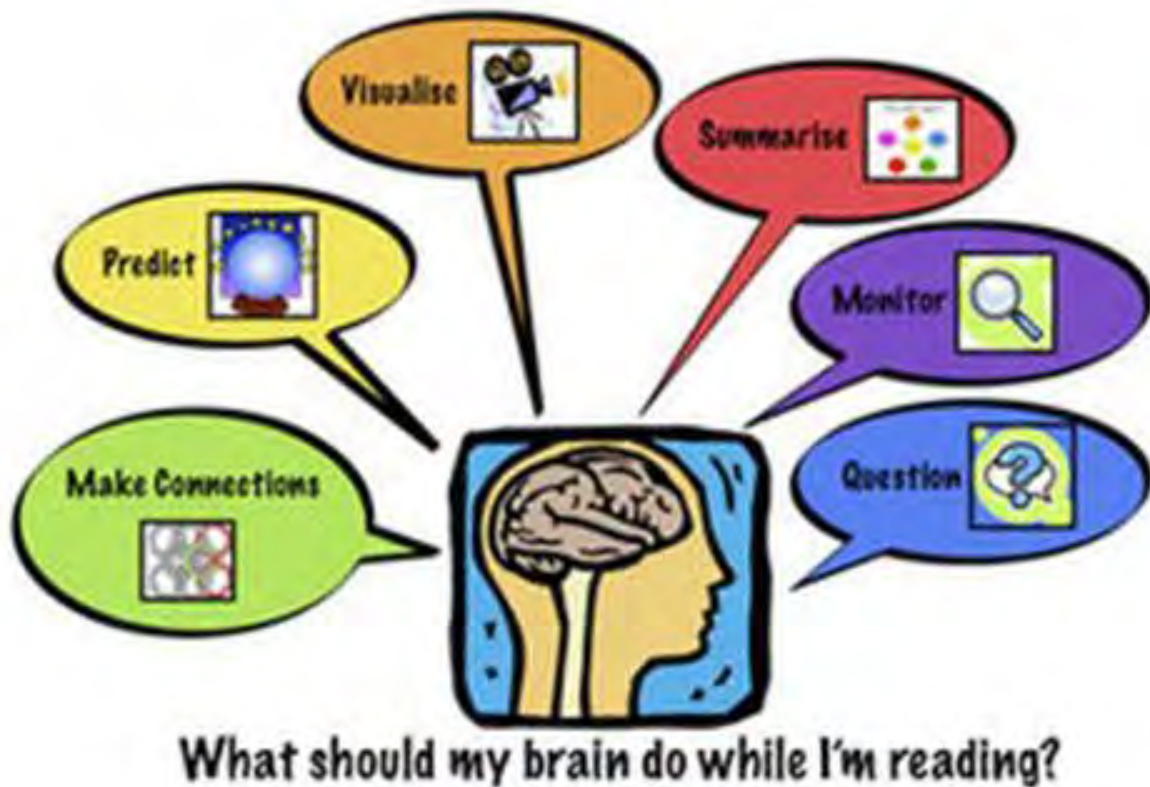
Workshop sessions included Technology and its impact on Teen Brains, Legal Issues, Quality Teaching and School Security.



## DEPUTY REPORTS

### Focus on Reading

As part of our Literacy and Numeracy Strategy, a small team of teachers have completed refresher training on Literacy and Comprehension strategies in order to help students make more sense of their learning. Using the comprehension strategies of questioning, summarising, monitoring, predicting, connecting and visualising, students can improve their understanding and meaning of the texts that they study in all subjects. This team will work with new staff to upskill and maintain the focus in all classrooms at all year levels across the school.



### NAPLAN online training

Another team of staff have recently undertaken training in order to facilitate NAPLAN test administration in 2019 which will be in an online format. MVHS hosted the training session for a large number of staff from across the region in 2 days of workshops.



## DEPUTY REPORTS

### Kullaburra Awards Ceremony

I had great pleasure in attending and presenting at the Kullaburra Awards Ceremony where a number of our indigenous students were presented awards for Year 12 Graduation, attendance and leadership. Students attending included Chezlee and Jacinta White, Zac Ellis, Noah Fairfull, Anastasia Gesell, Hayley Knowles, Taneisha Rosser, Dakota King, Taneeka Smith and Kyle Rees.



Anastasia Gesell with Mrs Jeffery



Chezlee and Jacinta White



Hayley Knowles



Taneeka Smith



Taneisha Rosser



Dakota King



Zac Ellis and Noah Fairfull

## DEPUTY REPORTS

### HSC Music Trial Examinations

It was such a pleasure to work with the Year 12 Music class in their preparation for their Viva Voce presentations and mark their performances last week. Students performed in a wide range of styles on guitar, drums and vocals. Some students also presented viva voces on a variety of topics demonstrating their extensive research and deep knowledge of their chosen elective topic.

This was followed a week later by the **CAPA Graduation Concert and Art Exhibition**. What a great night! I thoroughly enjoyed the exhibition and performances of Music, Drama, Visual Arts, Photography, Industrial Technology Multi-Media, Industrial Technology Timber and Textiles. The music performances were arranged by Mr Drew Daniels (guitar) and accompanied by Mr Cameron Daniels (piano), Mr Bryce Parker (drums) and Year 9 student Zane Petrysen (Bass Guitar). Year 12 Music are taught by Mr Drew Daniels (Performance Major) and Mrs Julie Myers (Musicology and Aural). What a wonderful team who have assisted some talented young people to excel in their chosen creative field. Thank you to Ms Alder (Relieving HT CAPA), Mr Russell, Ms Wiseman, Mr Bassett, Mr Newman and Ms Scheffler for their dedication to perfection in their specialist areas.



*Hunter Grunsell - Drama Monologue*



*Aimee Day - Music*



*Marnie Bullen - Music*



*Lochlan Miller, Lachlan Burns, Billy Copeland, Sam Craft, Hunter Grunsell, Aimee Day, Marnie Bullen, Georgia Bailey, Cameron Parker*



## DEPUTY REPORTS



*Sam Craft - Drama Monologue*



*Cameron Parker - Music*



*Lachlan Burns - Guitarist, Chloe Grant - Vocalist*

I particularly enjoyed a visit from the sound team of 2016 who returned from their workforce careers to see their colleagues graduate.



*Jordan Herring, Kyle Piper, Mrs Jeffery, Darryl Foster, Cody Lawson*

## DEPUTY REPORTS



### Mr Shane Hookway – Deputy Years 8/10/12

#### Subject Lines 2019.

MVHS executive have spent a significant amount of time in developing the Elective Lines for 2019. The courses that are listed below allow the greatest number of students to study the majority of subjects that they indicated in their preference selection. Year 10 students were interviewed by a panel of staff including the Futures Adviser Rebecca Rounsley, head timetabler Craig Jarrett and Jess Schafer, Senior Study Tutor. The result is a curriculum pattern that is diverse and caters to our various student needs.

### Year 11 lines 2019

Line 1	Line 2	Line 3	Line 4	Line 5	Line 6	Offline	Offline
English Advanced	Mathematics Advanced + Ext	Community and Family Studies	Agriculture	Business Studies	Biology	English Extension Cat A	Mathematics Extension Cat A
English Standard	Mathematics Advanced	Food Technology	Ancient History	IT Multimedia and Graphics	Drama		
English Studies	Mathematics Standard 2	Legal Studies	Chemistry	IT Timber	Exploring Early Childhood		
	Mathematics Standard 1	Physics	French	Music	Engineering studies		
		Sport Lifestyle Recreation	PDHPE	Textiles and Design	Investigating Science		
		Visual Art	Photography, Video and Digital Imaging	VET Hospitality	Modern History		
		HSC Vet Hosp	VET Construction		VET Metals		
			VET Retail		VET Primary Industry		

### Year 9 Elective lines 2019

X Elective	Y Elective
Street Art / Visual Art	Agriculture Strand 1
Agriculture Strand 2	Child Studies
Child Studies	Food Technology
Commerce	History Mysteries & Conspiracies
Food Technology	IT Wood
Food Technology	IT Wood
iSTEM)	Music
IT Wood	Physical Activity and Sport Studies (PASS)
PASS Football	Photography Digital Media

### Year 10 Elective lines 2019

X Elective	Y Elective
Agriculture	Agriculture
Child Studies	Child Studies
Dance	Commerce
Food Technology	Food Technology
iSTEM	IT Wood
IT Wood	PASS Football
Music	Visual Art
Street Art	VET Hospitality

## DEPUTY REPORTS

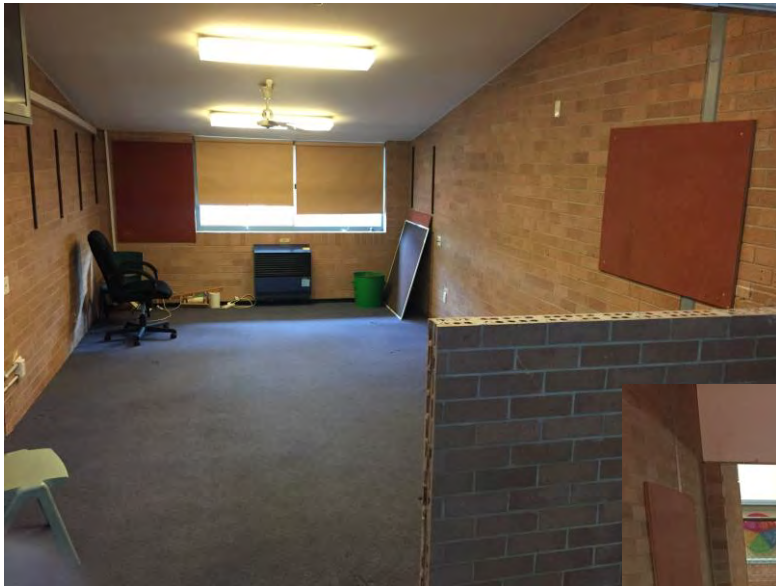
### Strategic Direction 3 update

Demolition on the school gym is underway. The space pictured below is the result of 4 separate unused spaces in the MPC being combined into one. Watch out for the completed gym in the Term 4 newsletter.



### Futures Centre

Running concurrently is the construction of the new Futures Centre. The completed space will realise the long term plans of taking careers education into futures education providing increased and targeted support for students transitioning into the workforce, TAFE and tertiary education.



## DEPUTY REPORTS

### Technology

The CAPA faculty will shortly be receiving 10 x 27inch iMac computers. This instalment will commence the provision of industry standard devices that aim to provide learning environments where students can thrive and transition effectively into further study or the workforce.



The TAS faculty will be receiving a class set of HP Probook laptops that will support the implementation of the new technology mandatory syllabus including an increase focus on coding and STEM.

## REQUEST FROM THE OFFICE

The school would appreciate donations of used school uniforms that are still in good condition. Please deliver to the front office if available.

## YEAR ADVISER REPORTS



### Year 7 - Lisa Hunt

Year 7 have settled into the routine of high school and developing new friendships, participating in school programs and engaging in assessments. As we enter a very busy assessment period for the students, I encourage parents and caregivers to support students to help them reach their full potential by helping them plan for assessment. I often ask students: "What do you have due this week?" Some parents have informed me the students are saying nothing. If this is the case and you want to make sure, parents are welcome to visit the parent portal where you will find information about the students' upcoming assessments. Assessment Schedules are also available on the school's website for all year groups. I also ask the students: "What are you doing to prepare for your assessment? How can I help you?" This then often results in the student and I working out times that they can put aside to complete project work, email a draft to a teacher or ask some questions in class. With so many beautiful students to help it would be wonderful if parents and caregivers could reinforce these messages at home so we can all work together to help our students have a productive and successful Term 3.



### Year 8 – Ainslie Martin

Hello to all parents, guardians and Year 8 students. It's hard to believe that Term 3 is drawing to a close. It has been a busy month. Subject choices for Year 9, 2019 have been submitted and collated. Students' response to this opportunity to have a say in their own learning has been most positive and I know they are looking forward to beginning their new electives in the not too distant future.

8 Shakespeare were fortunate enough to attend the Mayoral Debating Challenge held at CPAC. As members of the audience, these students were able to attend two sessions and were excited to witness the MVHS team walk away as winners! Congratulations to the Debating Team, Ms Baum and 8S who were excellent ambassadors for our school.



### Year 10 – Jodie Scheffler

It has been a busy Term 3 so far. By now the majority of Year 10 students have been interviewed for their final round of subject choices. It is a generous process that began with subject selection night followed by student's first choice in subjects and now an interview for a final decision to help students hopefully pick subjects that may help them in the future.

Another fantastic opportunity that is ongoing for Year 10 is Project 10. Project 10 is a program facilitated by Sue Ford (HT PD/H/PE) and then implemented by teachers who volunteer to help. It is a fabulous opportunity to help students be interview ready for future employment.

Don't forget every Monday afternoon from 3pm to 5pm in the library is Homework club. Homework club is run by dedicated teachers who volunteer their time to help out students who may need support with assessment tasks, refining their class work and understanding. Other resources are also available at this time eg computers and printing of assessments etc. Homework club helps to further prioritise the education of our students and can benefit those who are struggling with attendance and may need further support to catch up.

Head Teacher Wellbeing, Julie Myers and I were given the opportunity to attend a Wellbeing summit in Sydney recently. It was a very welcoming course and I really appreciated the understanding environment that was presented at this conference. This summit encouraged open discussions about mental health among our young people and teachers who work collaboratively with the students, parents, guardians, schools and health professionals. I look forward to helping support Julie by implementing some of the ideas we loved from this summit with our students and community.

## WELLBEING REPORT



### Julie Myers - Head Teacher

On Thursday 13<sup>th</sup> September our school will come together to participate in a special assembly devoted to RUOK? Across Australia schools, work places and communities will take time out of the day to increase awareness of supporting each other when we are not feeling so good and ask the question RUOK? Students have been engaged in a variety of check-in activities and are growing in confidence around this topic.

On the day, Emma Thompson will be our guest speaker.

Em began her career as a Pilates instructor & Personal Trainer, before studying Psychology and Applied Nutrition. It's her real-life experience with mental torment that inspires the lessons she now teaches.

Em is dedicated to the prevention of mental illness. She leads workshops for schools, workplaces and community groups that promote emotional intelligence, resilience skills, empowered relationships and the art of self-love - All of which she believes to be central to healthy minds & thriving humans.

Parents and family members are welcome to attend.

**Date:** Thursday 13<sup>th</sup> September

**Venue:** Mount View High School MPC

**Time:** 10.00am

## ANTI-RACISM CONTACT OFFICER (ARCO)



All schools are required to have a trained Anti-Racism Contact Officer (ARCO). This officer assists parents, staff and students who have complaints regarding racism and facilitates the complaints handling process. **Mrs Anna Wells** has recently taken on this roll at MVHS.

The ARCO supports the handling of complaints of racism in a number of ways by:

- referring complaints of racism made by students against other students to executive staff members in accordance with the Behaviour Code for Students and the school's discipline and wellbeing procedures
- referring complaints of racism made by staff and community members to appropriate executive staff members
- providing advice on the complaints handling process to students, staff and community members
- supporting the complainant during the complaints handling process
- promoting anti-racism education in the school
- developing anti-racism education strategies in school planning

Other key staff that students can reach out to if they are experiencing racism includes Year Advisers, Head Teachers Wellbeing, School Counsellors and School Chaplain.

## ENGLISH & DRAMA FACULTY



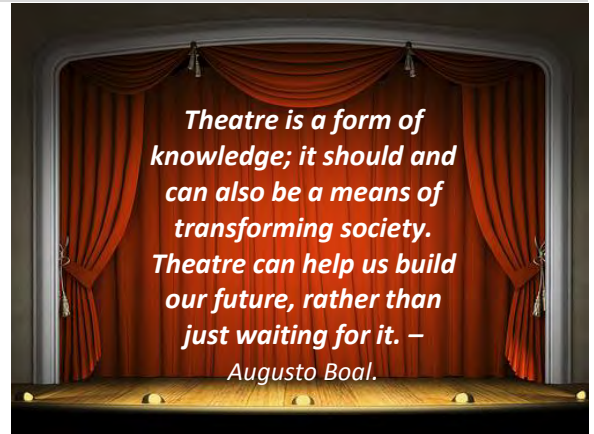
**Rebecca Bartlett – Head Teacher (Relieving)**

### ***Drama report – Miss Johnson***

Miss Johnson's Year 10 Elective Drama class finished up Term 2 with their Protest Performance pieces after an in-depth study of revolutionary theatrical practitioners, Brecht and Boal.

Each group was tasked to create a self-devised original 6-8 minute performance that protested a chosen issue using non-traditional dramatic devices such as an episodic structure, verbatim theatre, chorus work, signs, music and narration. Each group researched and protested the topical issues of homophobia, domestic violence/sexual assault.

Miss Johnson commends her students for their maturity in their approach to the task, bravery for speaking up about issues that are important to them, and using theatre as a means to challenge and change the world around them.



*Mid Rehearsal: Chelsea Hamid, Alana Dafter, Hayden Loosemore, Bohdan Thorley, Jacinta White, Billie Taylor crafting their performance in response to the recent and nationally publicized death of Melbourne comedian Eurydice Dixon.*

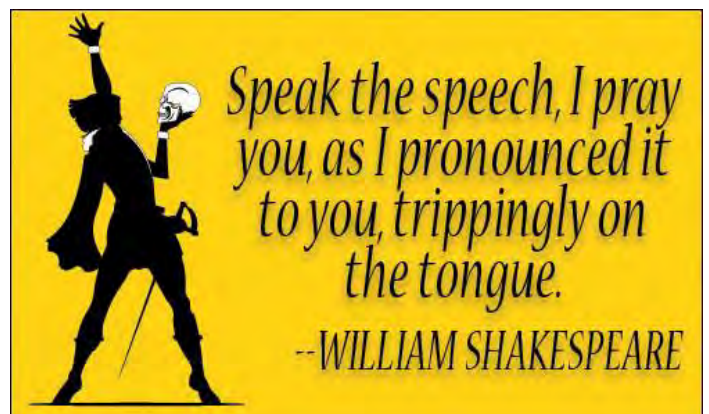


*Mid Performance: Alecia Swallow, Kirsten Boesen, Logan Templeton, Liam Callaghan, Brayden Corcoran, Benjamin Galvin depicting homophobic comments in everyday life using David Attenborough style narration.*

Term 3 is all about the Bard himself! Year 10 have also been delving into Shakespeare, increasing their knowledge of his plays, characters, scripts, themes and language. Of course, no Shakespeare play would be complete without comedy, tragedy, kings, poison, deceit, and a good old fashioned sword fight! Until next time players!



*Pictured: The Montague's vs The Capulets from Romeo and Juliet - Billie Taylor, Kirsten Boesen, Brayden Corcoran, Jacinta White.*



## HSIE FACULTY



**Nicola Steiner – Head Teacher**

It's been a great term so far in HSIE with many engaging activities taking place in classrooms:

Mrs Collier's 8L History:

We chose our patterns and outlined them onto a plastic sheet. We mixed food colouring and glue together, then painted sections in. After it dried we outlined it with washi tape. We did this activity to learn about medieval art and architecture as stained glass windows were an important feature of medieval churches. We enjoyed it as it was a fun activity that was relevant to our topic.



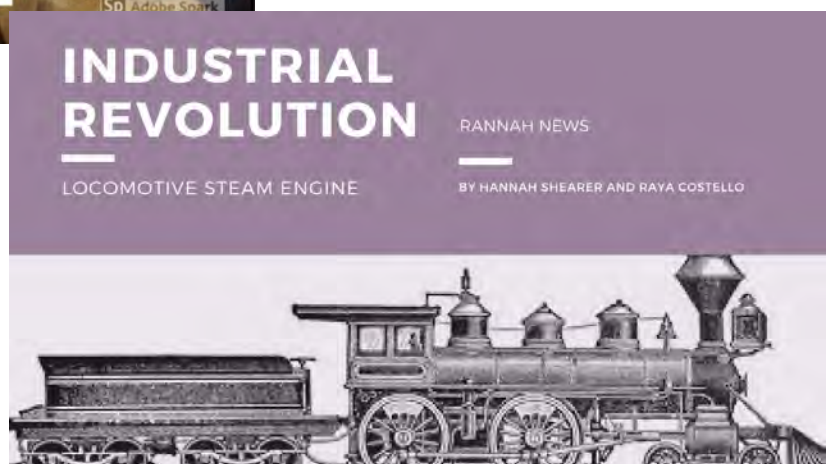
*Taleah McLawrence and Tamara Vivian*

Year 9 History (1) completed their Academic Enrichment Project-Based Task on the Industrial Revolution. Students had the option to work independently or in pairs to create a project of their own choice focusing on an inventor in Britain's Industrial Revolution:



*Grace Frankland-Shambler submitted an engaging video using Adobe Spark*

*Hannah Shearer and Raya Costello created a News Broadcast video (complete with bloopers!)*





Chelsea Webb and Olivia Bailey produced a ten page commemorative newspaper to Richard Trevithick....



...and Erin Jackson made a very informative iMovie on Edmund Cartwright.



The students enjoyed presenting their findings to the class:



Demi Dalton and Emily Bailey

## Year 10 Geography measuring wellbeing

10 GEO 1 AND 2 HAVE BEEN STUDYING WELLBEING IN GEOGRAPHY. PART OF THEIR LEARNING HAS INVOLVED MEASURING WELLBEING FROM A LOCAL TO A GLOBAL SCALE. ON THE LOCAL LEVEL STUDENTS HAVE SPENT SOME TIME OUTSIDE THE CLASSROOM COMPLETING A FIELDWORK WHERE THAT HAVE MAPPED THEIR WELLBEING AROUND OUR SCHOOL. PART OF THE EXERCISE INVOLVED STUDENTS CREATING THEIR OWN KEY TO MEASURE WELLBEING. MANY HAVE LOOKED AT STUDY AREAS, ACTIVE AREAS AND NATURAL BEAUTY, AN EXAMPLE OF STUDENT RESULTS CAN BE FOUND BELOW. THE STUDENTS ARE NOW EXAMINING WELLBEING ON A NATIONAL LEVEL FOCUSING ON AUSTRALIAN YOUTH WHILST THEY PREPARE FOR THEIR UPCOMING ASSESSMENT.



## TECHNICAL & APPLIED STUDIES FACULTY



**Brian Means – Head Teacher**

### ***A BIG WEEK FOR HOSPITALITY STUDENTS!***

Week 4 of this term was a big week for our budding Hospitality students. In a 40 hour period students were involved in catering for 200 people.

Preparation began Monday afternoon for an early 6.30am start in readiness to cater for The Cessnock Chamber of Commerce breakfast in the school library. Students converted the computer space into a buffet breakfast area complete with ham and cheese toasties cooked to order, yoghurt and berry compote as well as copious amounts of fresh fruit, muffins and pastries all washed down with juices, teas and coffees.

The remainder of the school day was spent preparing for the NSW chapter of PESA (Positive Education Schools Association) forum that evening. Over 80 delegates enjoyed a light supper after the forum, nibbling such treats as smoked chicken salsa tarts, sweet potato and coconut tarts, cheese platters and assorted sweet treats including orange poppy seed cake and chocolate mousse cake.

Wednesday morning began with a morning tea for visiting Agriculture experts. The students then worked steadily throughout the day to cater for 50 guests at the annual LEO's changeover dinner. A delicious meal of Miso marinated beef with sweet potato mash and Asian inspired chicken patties with steamed rice and bok choy were followed by pear and ginger crumble or apple and passionfruit crumble, both served with vanilla bean ice cream made by the students.

All students involved should be proud of managing to have over 200 happy customers served in such a professional manner.



**Students at the Cessnock Chamber of Commerce breakfast  
(Erin Burns, Beatrice Nelson, Madeline Davis, Caitlin Martin, Olivia Harris)**



### ***Year 11 Textile and Design Projects.....Ms Jodie Scheffler***

As you can see, our Textile students have been working really hard designing their own funky fabric bags (non-apparel). Students had to come up with a design/pattern that best related to the era 1970's. The bag needed to have four techniques and be supported by experiments plus a contemporary aspect. The girls have really enjoyed this project.

## TECHNICAL & APPLIED STUDIES FACULTY

### F1 in Schools STEM Challenge – by Mark Bassett, F1 Coordinator

Preparations for the Hunter Valley F1 in Schools Challenge paid off on 5<sup>th</sup> September for the Mount View High School teams. Impro Racing competed in the Development class division and achieved a great score of 78/80 for their racing cars as well as some very fast times on the track. Team Manager and Resource Manager Chloe Hunt has worked very hard on getting everything together as well as managing everyone's time, contacting sponsors and problem solving any unexpected challenges. Grace Frankland-Shambler (Design and Manufacturing Engineer) had the cars fine-tuned for maximum performance so the cars could achieve more than 80km/h down the 20m race track. Susan Anderson (Graphics Designer) was very busy developing the team logo and branding, designing portfolio layouts as well as designing an impressive pit display – everyone loved the backboard poster with all the judges commenting how high a standard they achieved. This amazing group of students are motivated to do their best and prove that Mount View High School is still producing the best F1 in Schools teams in the Hunter Valley. Kirsten Boesen (team mentor) was a great influence using her experience and knowledge in this STEM program to advise each member on how to avoid making common mistakes and how the team would succeed. Impro Racing came first in the Development Class division winning most of the categories including Best Pit Display and Best Industry Collaboration.



A special thank you goes to their first major sponsor – Mount View Estate Winery who is supporting the team in the world's largest STEM Competition. Their generous support will cover a range of expenses including individually styled racing team shirts, posters and portfolio printing as well as the cost of making the three race cars. The team benefited from a visit by Jake Taylor (ex-school captain and F1 in Schools Legend) who advised them on how to succeed in the regional competition. His experience and guidance made everyone confident stepping up to the challenge and doing their best.



*Jake Taylor advising the team*



*Impro Racing Pit Display*



*Susan Anderson & Grace Frankland-Shambler at the starting line*

Our two vibrant cadet teams – Bullet Fury and Flaming Speed performed well at the regional finals. The teams presented the Best Engineered Cars in their division and achieved high speeds and fast times on the track.



*Bullet Fury -  
Chris Arnott, Kobi Ridgeway and Aiden McLaughlan*



*Flaming Speed -  
Noah Tregenza, Jessica Johnson and Annabella Crowther*



## TECHNICAL & APPLIED STUDIES FACULTY

Pentessellate were the star attraction at the competition. Everyone wanted to speak with the team that came first in Australia in the Pro-Junior Division in the 2017/2018 season and have their photo taken in front of their booth/pit display. Their race results at the regional finals were some of the best on the day. The cars were super-fast, the booth/pit display was the best, the enterprise and engineering folios had the best and most up-to-date information and the verbal presentation was at national competition level. Pentessellate came first in just about every category in their division and are the overall Hunter Valley Champions; a reflection of their dedication and excellent team management. Jack Stephenson (ex-student and Revolution Racing Legend) is the team mentor and visited the event giving advice, guidance and support where needed. He was also speaking with teams from other schools helping them with everything from car designs, poster layouts and team branding and marketing. Our school is lucky to have such a great young man helping our students in the challenging STEM competition.



*Pentessellate – Harley Patterson, Fei Fei Webster, Jack Stephenson, Tobias Astill-King, Ben Galvin & Billie Taylor.*



*Fei Fei Webster and Harley Patterson checking the cars at the starting line.*

I would like to thank our racing officials – Jessica James and James Winchester who worked tirelessly all day at the race track. It is a time pressured job when you have to check everything from car safety, track tether line pressure, make sure the public are kept a safe distance away from the track, organise racing team members for reaction racing and have the cars perfectly setup at the starting line.



Thank you to Rick Evans and Sarah Kane from the ME Program for organising and running the regional event on 5<sup>th</sup> September. The event was held at the Maitland Heritage Centre (Basketball stadium) from 8.30am

to 3pm and had many visiting parents and members of the community who have an interest in STEM programs. Thank you to Grahame Chamberlain for his endless efforts with our school teams and moving our gear around the valley. He always puts his retirement endeavours on hold to help our school and the F1 in Schools teams.

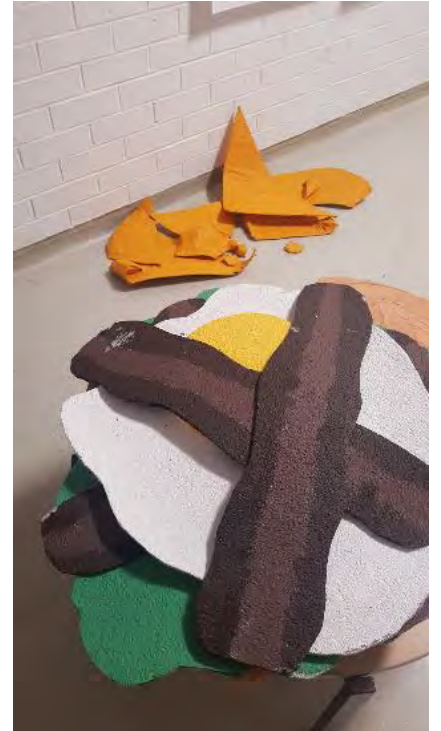
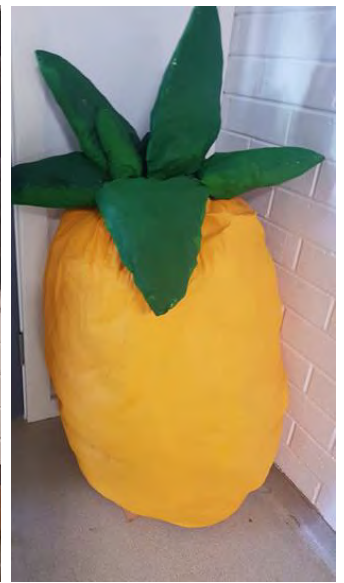


Elizabeth Alder – Relieving Head Teacher



## ***YUMMY YUMMY!***

As a part of Education Week the Visual Art department put on another wonderful Stage 4 Exhibition. This year's theme was Food and the creative minds of our current students resulted in a fun and eclectic group of artworks. All students were able to show off all the great work being done this year. This was a great opportunity for parents and friends to view the work produced and to see the creative and fun learning environment of the Visual Art Department.



## Guitar Tuition

Here at Mount View High School we have a range of peripatetic music staff that cater for the students learning needs in a range of musical instruments. Students at MVHS currently have the option of attending these private lessons within a school setting focussing on either Guitar, Drums, Bass, Piano and Vocal instruments. Year 8 student Dennis Hasanovic recently signed up for guitar lessons with his private tutor Edward Garvan. Ed is skilled in the musical arts having completed a Bachelor of Music at Newcastle Conservatorium with a focus on guitar. Lessons offered here at MVHS can be arranged through the CAPA (Music) faculty during school hours.



## Music Stage 4 & 5 Technology Tasks



Year 8 music students hard at work using music and film editing software to complete their current composition tasks.

## PD/H/PE FACULTY



**Sue Ford –  
Head Teacher**



*Noah Tregenza, Connor Spurway, Peter O'Brien, Zack Spillane, Jason Gleeson, Peta-Lee Holdom-Robinson, Aiden McLaughlan, Chris Arnott, Keeley Edwards, Sophie Capper, Joeli Palmer, Kiana Thompson, Mikalah Fletcher.*

### **Year 7 PDHPE Bush Cooking**

All Year 7 students have recently been engaged in a bush cooking activity as part of an outdoor education unit of work. They learned how to light and control a small fire focusing on the heat and coals rather than flames. Students had to work in small groups where they displayed teamwork, cooperation and problem solving. All students had to demonstrate strategies to keep themselves and others safe as well as displaying initiative. Students used the coals to cook a variety of food culminating in the group assessment task of cooking (and eating!!) a meal. Congratulations to all Year 7 students for their efforts during this unit. Pictured are students from 7 Alpine.



*Ben Newland, Zack Spillane, Connor Spurway, Joeli Palmer, Jason Gleeson, Aiden McLaughlan, Peter O'Brien*

### **Physical Activity**

As a PDHPE faculty we are focused on improving the physical fitness of our school community. It is important for our continued health that we take part in 30 minutes of continuous movement each day. Our Year 7 students are especially focused on this being involved in the PA4E1 program.



Elizabeth Alder – Head Teacher

# Teaching and Learning Faculty

## Tips to Improve Your Memory Before An Exam

### 1. Walk Before An Exam

It's been proven that exercise can boost your memory and brain power. Research conducted by Dr. Chuck Hillman of the University of Illinois provides evidence that about 20 minutes exercise before an exam can improve performance.

### 2. Speak Out Loud Instead of Simply Reading

Although this may make you look a little crazy, give it a go! You will be surprised how much more you can remember when you've said it out loud.

### 3. Reward Yourself With A Treat

There are many ways to integrate a reward system into your habits so you learn how to study for exams more.

### 4. Teach What You Have Learned

The best way to test if you really understand something is to try to teach it to someone else.

### 5. Create Mental Associations

The ability to make connections is not only an easier way to remember information, but it's the fuel of creativity and intelligence. Steve Jobs famously said "Creativity is just connecting things. When you ask creative people how they did something, they feel a little guilty because they didn't really do it, they just saw something". Mind Maps are an easy way to connect ideas by creating a visual overview of different connections.

### 6. Draw Diagrams

Drawing diagrams will help you to visualise information which would be hard to describe. This creates a visual memory in your mind which can be recalled in an exam. You may even be asked to draw or label diagrams such as the human heart in your exam so get practicing!

### 7. Times New Roman is the Fastest Font to Read

Simply put – there's a reason why Times New Roman is the default font on most applications!

### 8. Create Flashcards for Quick Memory Buzz

Quickly test your knowledge of key concepts, definitions, quotes and formulas with flashcards.

### 9. Take Regular Study Breaks

When your brain is working, you need to take regular study breaks to help your brain absorb more information but also to keep you motivated and focused when you are working. Take a short break after 45-50 minutes study as your focus and concentration will become impaired after this period, anything new after 1 hour 30 minutes does not get assimilated.

### 10. Don't Stay Up All Night Before an Exam

Make sure to get adequate rest the nights leading up to your exams. When you sleep, your brain assimilates the information you have learned when studying so getting a good night's sleep will help you remember those pesky maths formulas you need for your exam!



# Little Green Thumbs



by Miss Michelle Munden

The MC class has relocated and renovated our class garden.

With much effort fertilising, mulching and planting, we are now harvesting the results.





**Rebecca Rounsley – Futures Adviser**

Applications are now OPEN!

On time Applications CLOSE - 28th September.

**What you will need to apply for university through UAC:**



**Your NESA number:**

See Ms Rounsley or Mrs Ambrum if you need your number. You can text to ask for your NESA number on 0436 699 972.

**UAC PIN:**

Your pin will be emailed to the email address you have registered with NESA. You can check your email address by logging into your *students online* account or see Ms Rounsley or Mrs Ambrum. If you have not received your pin please contact UAC on [\(02\) 9752 0200](tel:0297520200)

**Credit Card:** Application will only be finalised once the \$70.00 fee is paid

**5 Course Preferences:** Research the UAC guide or use Job Jump to find 5 courses you Want to apply for. Knowing the course code is useful

Remember it is not an ATAR ranking list. You should list courses according to what you want to study. Also remember if you are going to list NEW STEP, make it your last preference!

Apply online: [www.uac.edu.au](http://www.uac.edu.au)

**Dates to remember:**

On time Applications CLOSE: 28th September.

ATAR Release date: Friday 14th December

Change of preferences

for December offers: Monday 16th December  
(2 days to make changes after ATAR is released)

December offers: Thursday 20th December

January Offers: Friday 11th January

Don't forget about the following schemes:

- Schools Recommendation Scheme (SRS)
- Educational Access Scheme (EAS)
- Equity Scholarships

For the latest information on university courses, early entry schemes and scholarships make sure you are an active member in the university google classroom class code - Y5fsag

### **Are you in Year 10 or 11? Considering a Career in Medicine or Dentistry?**

UMAT is held once a year usually on the last Wednesday of July. For many Year 12 students, the timing of this test also correlates with the Year 12 mid-year exams and assessments. If you are considering sitting the UMAT either in 2019 or later, you need to get serious about your UMAT preparation now. For the best chance of success in the UMAT it is imperative to get the bulk of your UMAT training completed by the start of Year 12.

Year 12s!

Make it easier on yourself.

Follow these simple steps.

Your University choices will be super fast and accurate.

### Selecting Students' Course Choices

1. Students Login.
2. Then they click on My ATAR



3. Enter their ATAR they hope to achieve or that they do achieve and then click the career field such as Business.



## CAREERS AND FUTURES ADVICE

- Now all UAC courses in Business are ready in ATAR order. Click on the 6 digit Course Code in the second column to find information.

Inst	Course Code	Course Name	Institution	Campus	State	Previous Cut-off
	360201	Bachelor of Commerce	Macquarie University	North Ryde	NSW	80
	450010	Bachelor of Business	UNSW	Canberra at ADFA	NSW	80
	191445	Bachelor of Commerce	La Trobe University	Melbourne	NSW	77.45
	721070	Bachelor of Accounting	Western Sydney University	Bankstown	NSW	77.05
	753670	Bachelor of Economics and Finance	University of Wollongong	Wollongong	NSW	76.45
	753671	Bachelor of Economics and Finance	University of Wollongong	UOW Shoalhaven	NSW	76.45
	753672	Bachelor of Economics and Finance	University of Wollongong	UOW Batemans Bay	NSW	76.45
	753673	Bachelor of Economics and Finance	University of Wollongong	UOW Segr	NSW	76.45

- Students can select up to 20 choices by clicking on the 'thumbs up' icon in the first column. They turn white when selected.
- Now if they click 'See My Choices', their listing of choices appear. See next image.

Inst	Course Code	Course Name	Institution	Campus	State	Previous Cut-off
	360201	Bachelor of Commerce	Macquarie University	North Ryde	NSW	80
	450010	Bachelor of Business	UNSW	Canberra at ADFA	NSW	80
	191445	Bachelor of Commerce	La Trobe University	Melbourne	NSW	77.45
	721070	Bachelor of Accounting	Western Sydney University	Bankstown	NSW	77.05
	753670	Bachelor of Economics and Finance	University of Wollongong	Wollongong	NSW	76.45
	753671	Bachelor of Economics and Finance	University of Wollongong	UOW Shoalhaven	NSW	76.45
	753672	Bachelor of Economics and Finance	University of Wollongong	UOW Batemans Bay	NSW	76.45
	753673	Bachelor of Economics and Finance	University of Wollongong	UOW Segr	NSW	76.45

- If the student wishes to change the order of their choices, using the 3 horizontal lines on the left hand side, they can drag their choice to a new position.
- They can also copy the Course Code using the 'copy' icon to the right of any 6 digit Course Code. They can then safely enter the correct Course Code Number for their UAC 5 preferences page. **Note:** We also mention the name of the course, the Campus, the ATAR and also the blue 6 digit Course Code is active to go back to the UAC Course Description page.

**Your Selected Courses**

Use the icons below to drag your choices into your preference order.

1. 450010 
Previous Cut-Off: 80

Bachelor of Business

UNSW - Canberra at ADFA, NSW
2. 721070 
Previous Cut-Off: 77.05

Bachelor of Accounting

Western Sydney University - Bankstown, NSW
3. 753670 
Previous Cut-Off: 76.45

Bachelor of Economics and Finance

University of Wollongong - Wollongong, NSW

See UAC Preferences
Delete All

## MOUNT VIEW LEO CLUB – Leading for Life



**Karen Blandon – Leo Supervisor/Teacher**

### **Leos Changeover Dinner – Wednesday 15<sup>th</sup> August 2018**

Each year our Mount View LEO Club has an annual Changeover Dinner, where new members are inducted and new executive members take up their roles. This year we had 8 new members to be inducted by Cessnock Lions Club. This is very encouraging, as we are about to lose six very active Year 12 LEO members. We are hoping that they will still be involved in our club, as they venture out of their school lives.



We now have 46 registered LEO members including students from Year 7 to ex-students still completing their university degrees. We are honoured that two of our Mount View Leo members, Ainslie Griffin and Alyse Illife, have made the move into becoming Lions and they have been inducted into the Elemore Vale Lions Club.



**New members being inducted:** Krystal Carter, Kayla-Rose Crosdale, Sienna Newsome, Kaitlyn Willis, Liam Callaghan, Caitlin Barker, Amber Johnson & Bree Abbott



#### **Incoming Executive 2018 /19**

President - Olivia Bailey  
Vice President - Chelsea Webb & Lilly Stace  
Secretary – Sarah Wiese  
Assistant Secretary – Abby-Lee Grant  
Treasurer – Kirsten Boesen

#### **Board Members**

Year 7 Sienna Newsome, Bree Abbott  
Year 8 Jordan Flint, Mikayla Lambert  
Year 9 Sarah Byrnes, Brendan Green-Hill  
Year 10 Jacinta White, Kirsten Boesen

## MOUNT VIEW LEO CLUB – Leading for Life

The “Davey Duty of Hours Shield” is awarded each year to the junior and senior members who have done the most hours of duty throughout the year. This shield is in honour of Brian and Alison Davey for their service and dedication to Cessnock Lions and the youth of the community of Cessnock. Alison Davey attended as our special guest that night and presented the award to Sarah Wiese and Tom Wiese. We now also have an honour board for “Anderson Achievers” in honour of Ian Anderson for those LEOs who work above and beyond their call of duty in our community.



Anderson Achievers include : Alyse Illife, Claire Taylor, Ainslie Griffin, Thomas Wiese, Charlotte Roberts, Tahlia Hughes, Marnie Bullen, Nathan Green-Hill & Georgia Bailey.

Special thanks to Ian Anderson and Peter Conroy who work tirelessly with our LEO members and to the hospitality team at Mount View High School (especially Brian Means and Sarah Bendall) for catering on the night.



*Abby-Lee Grant, Chelsea Webb, Lilly Stace, Bree Abbott, Olivia Bailey, Sarah Byrnes, Sarah Wiese, Kaitlyn Willis, Yousef Jonker, Naomi Martin, Ebony Kemp, Lucia McLoughney, Grace Wells, Laura Bullen, Marnie Bullen, Darcy Bullen, Kayla-Rose Crosdale, Sienna Newsome, Lions Members, MVHS Staff and parents.*

## MOUNT VIEW LEO CLUB – Leading for Life

### Jodie's Place

The LEOs had their end of term dinner at the Aussie on Wednesday 4<sup>th</sup> July 2018, where they brought articles for our local charity, Jodie's Place. The LEOs then also donated \$200 of groceries and toiletries, and filled a mini bus with items including towels, bedding, food, toys and clothing.



*Daniel Lambkin, James Winchester & Marnie Bullen with staff from Jodie's Place.*

## Events coming up:

- Saturday 22<sup>nd</sup> September 2018 10am – 3pm  
Leos workshop (TBA) with the District Governor and Lions
- Wednesday 26<sup>th</sup> September 2018 - 6pm to 8pm  
End-of-Term Dinner at the Aussie – bring articles for Ronald McDonald House
- Thursday 27<sup>th</sup> September 2018 - time TBA  
Volunteering to help at West Cessnock Movie Night

### **NEXT TERM**

- Saturday 20<sup>th</sup> October 2018 10am -10pm  
Cessnock Relay for Life – Baddeley Park
- Saturday 15<sup>th</sup> December 2018  
West Cessnock Colour Fun Run
- Monday 26<sup>th</sup> November 2018 – Friday 7<sup>th</sup> December 2018  
Collecting Toys and Tins for Cessnock Salvation Army Christmas Appeal

The Mount View Grapes travelled down to Raymond Terrace for the annual Tracey Drummond Cup. Mount View entered an under 14's and under 16's team in the girls rugby league competition again this year.



#### **Under 14's**

**Back Row:** Jessica Meyers, Phoebe Capper, Zoe Cordowiner, Elizabeth Robinson, Chloe Beckett, Jenna Collins, Tenika Gilmore, Mr Bragato

**Front Row:** Nirikai Drylie, Mackenzie Petrysen, Aleah O'Brien, Sarah Vowles, Tiana Adamson

The under 14's girls rugby league team competed alongside the best 8 schools in the Newcastle region. Making the Grand final was always going to be tough with the calibre of schools in our pool. The first game went well with the girls holding on for a draw, 2 tries a piece in what was a tough and physical game. The forwards really stepped up with a number of sets defended within the 20m line. Tenika Gilmore inspired the team by making 3 tackles in one set. The second game was a 3-1 loss to the eventual winners of the day. During the last game everything started to click. With Jenna Collins and Sarah Vowles finding space on the left edge on the back of some huge runs by Zoe Cordowiner, Jessica Meyers and Tiana Adamson. Chloe Becket and Aleah O'Brien led the team perfectly maintaining structure and organising plays. Aleah finished the day with 4 tries and Chloe snagged one for her efforts. It was a great day and the young team has shown lots of improvement and promise finishing in the top 4 in the Newcastle region.



## SPORT

The under 16's performed exceptionally well walking away from the day finishing as a top 4 team. The girls had been training hard for the majority of the year leading up to their events and it was evident the girls meant business. Sporting a new halfback (Kailey Crossley) and new lock forward (Sylvia Carr) the team were equipped to play some exciting attacking football and that's exactly what they did. Hooker Hannah Shearer did a fantastic job setting up and organising her forwards who trucked the ball up the middle relentlessly all day, often against far bigger oppositions. Starting forwards Chantel Winship, Sarah Byrnes and Sylvia Carr got our girls rolling forward right from the get-go and were replaced by Jacinta White, Ashley Reilly and Emily Bailey who demonstrated the great depth the grapes have. Charlotte Meredith and Dhani Drylie proved too much to handle when given the ball as they broke the defensive line on nearly all of their carries. Alexia Vowles, Yinaa Drylie and Ella Sissingh showed experience on the wings and defended brilliantly tackling a number of opponents out over the sideline. Special mentions go to; Dhani Drylie for scoring a double, Hannah Shearer for her perfectly timed scoot from dummy half resulting in a try, Emily Bailey for stepping up game 3 in Sylvia's absence and scoring a 50 metre beauty of a try and Sylvia Carr for best on ground.



### **Under 16's**

**Back Row:** Scott Bragato, Alexia Vowles, Jacinta White, Ella Sissingh, Hannah Shearer, Emily Bailey, Ashley Reilly, Kayley Crossley, Jayden Cooke.

**Front Row:** Charlotte Meredith, Yinaa Drylie, Dhani Drylie, Chantel Winship, Sarah Byrnes, Silvia Carr.

## SPORT

### Regional Athletics

Mount View High School had a strong representation at regional athletics carnival this year. Two students are off to represent the Hunter at state athletics - Dayanidhi Torrissi for 1500m (in which he came second) and in 3000m, and Drew Dodgson for Discus with a winning throw of 42.89m. Zanthia Crump broke Peta Trigg's 1991 school triple jump record. Nirikai Drylie narrowly missed out on state coming 3<sup>rd</sup> in the 200m. Jacinta White competed well in discus and shot put but struggled to overcome a shoulder strain, She came 5<sup>th</sup> overall. The under 12's girls relay team made the final but did not make the podium.



*Paige Armstrong*



*Maddison Edwards & Lucia McLoughney*



*Montana Anderson, Nirikai Drylie, Alexis Gardner, Paige Armstrong*

## SPORT

### Oz Tag

Oz tag teams competed at the Hunter finals at Raymond Terrace. Open girls won their division and were crowned Hunter All Schools Champions. They will represent the Hunter at the State Finals on Wednesday 12 September.



**Back Row:** Noah Parkhouse, Jack Bultitude, Wesley Thomas, Charlie Russell, Jack Bullen, Mr Jorgensen  
**Front Row:** Billy Rolfe, Peter O'Brien, Deegan Smith



**Back Row:** Mr Bragato, Paige Hickey, Raya Costello, Chantel Winship, Caitlin Martin, Ciara Whitehead, Emily Bailey, Hannah Shearer  
**Front Row:** Ella Sissing, Alexia Vowles, Kaila Burgess, Kayla Holdom-Robinson, Caitlin Agnew, Sylvia Carr

**SPORT**

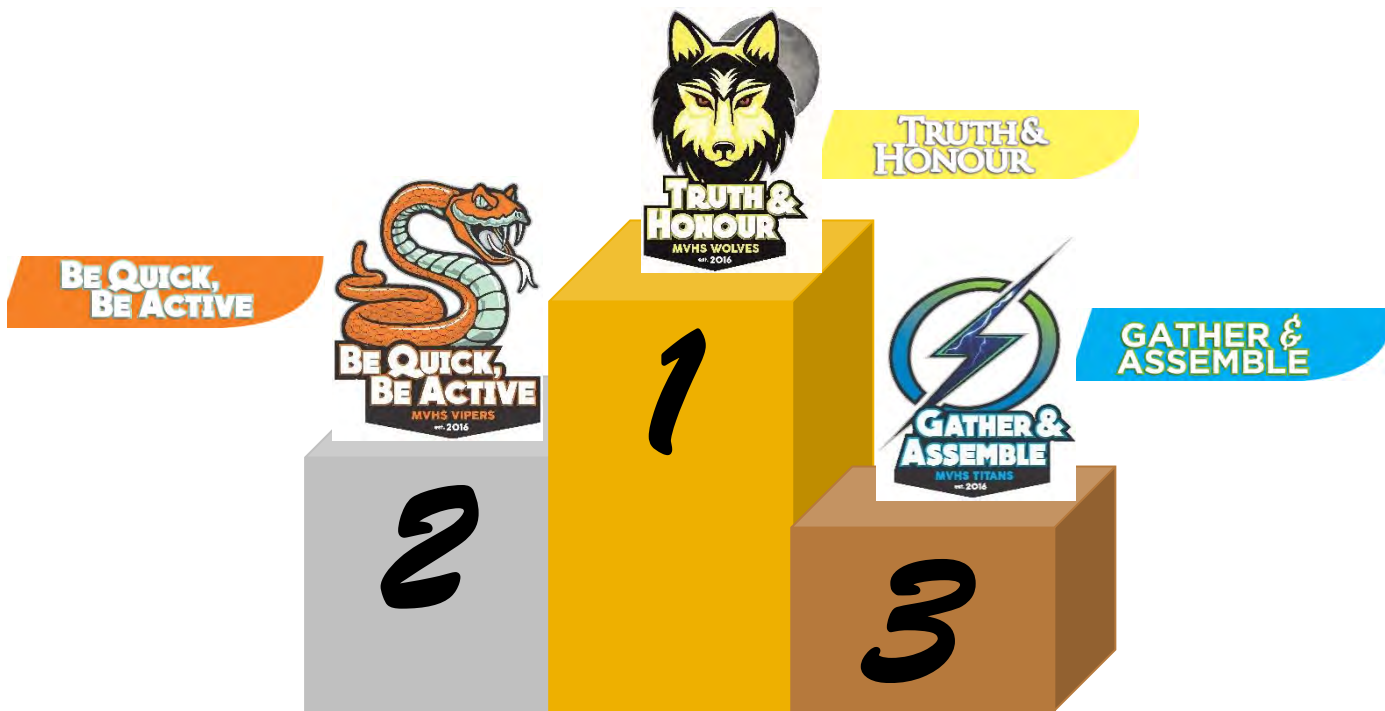


**Back Row:** Jessica Meyers, Tenika Gilmore, Sarah Vowles, Aleah O'Brien, Mr Cooke  
**Front Row:** Chloe Beckett, Lucia McLoughney, Mackenzie Petrysen



**Back Row:** Mr Bragato, Dakota King, Imogen Edwards, Zali Gunther, Chloe Bain, Taneisha Rosser, Chloe Rolls,  
**Front Row:** Isabella Garvie, Nikki Murnane, Lena Cartwright. Absent from photo: Sylvia Carr

# HOUSE LEADERBOARD



**GROUNDED & DYNAMIC**

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



*Peace & POWER*



*Belong & IGNITE*



**STRIVE & UNITE**



**SHINE BRIGHT**



BE ACTIVE, STAY HEALTHY - OPEN FOR AGES 6 TO 17

# BRANXTON-GRETA LITTLE ATHLETICS

MILLER PARK, BRANXTON

SEASON STARTS LATE SEPTEMBER 2018  
EVERY THURSDAY FROM 5.15PM TO 7PM

REGISTRATIONS ARE NOW OPEN!!!

ACTIVE KIDS VOUCHER CAN BE USED TO HELP COVER THE \$110 COST IF PAID IN AUGUST AND GOES UP TO \$120 IF PAID IN SEPTEMBER ONWARDS AND INCLUDES THE CLUB SINGLET

FOR MORE INFORMATION, EMAIL US AT [brantongretalittleathletics@outlook.com](mailto:brantongretalittleathletics@outlook.com). OR FIND US ON FACEBOOK UNDER BRANXTON GRETA LITTLE ATHLETICS



# CESSNOCK ATHLETICS CLUB

FUN, FAMILY, FITNESS

**\$120**  
3-5yrs

Registration Days  
Friday 31<sup>st</sup> August &  
Friday 7<sup>th</sup> September  
5:00 – 6:30pm  
Turner Park  
Aberdare Rd  
Cessnock

**\$130**  
6-17yrs

NO WEEKLY FEES

2 FREE Trial Nights for New Athletes September only



**RUN**

**JUMP**

**THROW**

## COMPETITION NIGHTS

September - March  
FRIDAYS  
Turner Park  
Warm Up 6pm  
Competition 6:30pm

## UNIFORMS

Singlet \$30.00  
Crop Top \$35.00  
Black Shorts

Online Registration Only  
[www.lansw.com.au](http://www.lansw.com.au)

## Senior Members Welcome

Aged 18 – 100  
Same time and place  
Register online at

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

## ALL ENQUIRES

Jan Harris: 0428 253 435

or

Email: [cessnocklac65@gmail.com](mailto:cessnocklac65@gmail.com)

or

Follow us on FACEBOOK  
CESSNOCK ATHLETICS



# FREE WORKSHOPS



**Spring Awakening**  
**FRI 7 SEPT 6PM - 9PM**  
**Cessnock TAFE Grounds**  
 Lantern Parade leaves from CPAC at 5.30pm.

Make your very own lantern or Regent Honeyeater mask for this year's Spring Awakening Lantern Parade! All tools and materials will be provided. Pre-booking is essential.

**LANTERN MAKING WORKSHOPS**

**MONDAY 3 SEPTEMBER 3:30PM - 5PM**  
 Cessnock City Library

**TUESDAY 4 SEPTEMBER 3:30PM - 5PM**  
 Kurri Kurri Library

**HONEYEATER MASK WORKSHOP**

**WEDNESDAY 5 SEPTEMBER 4PM - 5PM**  
 Cessnock City Library



For more information on Spring Awakening and the Lantern Parade visit [www.cessnockperformingartscentre.com.au](http://www.cessnockperformingartscentre.com.au)

**CALL TO Cessnock Library: 4993 4399**  
**BOOK! Kurri Kurri Library: 4937 1638**



## 2019 Mayoral Academic Scholarships

If you're a resident of the Cessnock Local Government Area and enrolled in TAFE or University in 2019 you could be eligible for one of the 2019 Mayoral Academic Scholarships which are valued at **\$2,500** each!

**Watch this space! Scholarships to be announced in November.**



Find out more at [www.cessnock.nsw.gov.au](http://www.cessnock.nsw.gov.au) or call Gina Radford on 4993 4210



### **Cessnock Amateur Swimming Club**

Meets every Monday night during School Terms  
at Cessnock Swimming Pool

Commencing Monday 8<sup>th</sup> October 2018

Registration each Monday night 5.30pm for a 6.00 pm Start

All races completed by 8pm

Season Fees for swimmers \$100 (NSW Swimming fee & Club fee)

Junior Dolphin swimmer (7 years and under) \$20 club contribution fee


Active Kids Voucher welcome

Online registration opens Sunday 2<sup>nd</sup> September 2018

[www.nsw.swimming.org.au](http://www.nsw.swimming.org.au)

BBQ every Monday Night

In house club coach offering affordable prices approximately 18-20 lessons for \$140.

Like us on Facebook or send a message via Facebook 

Come along and join this friendly club for a fun filled night of swimming!



Education  
Public Schools

## Saturday School of Community Languages

Connection Diversity Excellence

The Saturday School of Community Languages (SSCL) is a public secondary school which operates on Saturdays in Sydney, Wollongong and at Merewether High School.

(SSCL) gives students the opportunity to study their background community language when that language is not offered at their own school or college.

- Students in years 7-12, from both public and non-government schools and TAFE colleges, follow NESA (Board of Studies NSW) syllabuses in a range of languages
- Students' study may be acknowledged as part of their Record of School Achievement (ROSA) and their Higher School Certificate (HSC)

#### Languages Offered by SSCL

- |             |              |                |
|-------------|--------------|----------------|
| • Arabic    | • Japanese   | • Modern Greek |
| • Armenian  | • Khmer      | • Russian      |
| • Bengali   | • Korean     | • Serbian      |
| • Chinese   | • Maltese    | • Spanish      |
| • Croatian  | • Macedonian | • Tamil        |
| • Filipino  | • Persian    | • Turkish      |
| • Hindi     | • Polish     | • Ukrainian    |
| • Hungarian | • Punjabi    | • Vietnamese   |
| • Italian   | • Portuguese |                |

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We look forward to meeting you and your family.

*Developing students' knowledge and skills in their background languages.*



## Too sick for school?



Generally if your child feels unwell, keep them home from school and consult your doctor. This chart and the information it contains is not intended to take the place of a consultation with your doctor.

<b>Bronchitis</b>	Symptoms are coughing, a runny nose, sore throat and mild fever. The cough is often dry at first, becoming moist after a couple of days. There may be a slight wheeze and shortness of breath. A higher fever (typically above 39°C) may indicate pneumonia.	... until they are feeling better. Antibiotics may be needed.
<b>Chickenpox</b> (Varicella)	Slight fever, runny nose, and a rash that begins as raised pink spots that blister and scab.	... for 5 days from the onset of the rash and the blisters have dried.
<b>Conjunctivitis</b>	The eye feels 'scratchy', is red and may water. Lids may stick together on waking.	... while there is discharge from the eye unless a doctor has diagnosed a non-infectious cause.
<b>Diarrhoea</b> (no organism identified)	Two or more consecutive bowel motions that are looser and more frequent than normal and possibly stomach cramps.	... for at least 24 hours after diarrhoea stops.
<b>Fever</b>	A temperature of 38.5°C or more in older infants and children.	... until temperature is normal.
<b>Gastroenteritis</b>	A combination of frequent loose or watery stools (diarrhoea), vomiting, fever, stomach cramps, headaches.	... for at least 24 hours after diarrhoea and/or vomiting stops.
<b>German measles</b> (Rubella)	Often mild or no symptoms: mild fever, runny nose, swollen nodes, pink blotchy rash that lasts a short time.	... for at least 4 days after the rash appears.
<b>Glandular Fever</b> (Mononucleosis, EBV infection)	Symptoms include fever, headache, sore throat, tiredness, swollen nodes.	... unless they're feeling unwell.
<b>Hand, Foot and Mouth Disease</b> (HFMD)	Generally a mild illness caused by a virus, perhaps with a fever, blisters around the mouth, on the hands and feet, and perhaps the nappy area in babies.	... until all blisters have dried.
<b>Hayfever</b> (Allergic rhinitis) caused by allergy to pollen (from grasses, flowers and trees), dust mites, animal fur or hair, mould spores, cigarette smoke	Sneezing, a blocked or runny nose (rhinitis), itchy eyes, nose and throat, headaches.	... unless they feel unwell or are taking a medication which makes them sleepy.
<b>Head lice or nits*</b> (Pediculosis)	Itchy scalp, white specks stuck near the base of the hairs; lice may be found on the scalp.	... while continuing to treat head lice each night. Tell the school.



Information provided by NSW Health.

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<b>Hepatitis A</b>	Often none in young children; sudden onset of fever, loss of appetite, nausea, vomiting, jaundice (yellowing of skin and eyes), dark urine, pale stools.	 ... for 2 weeks after first symptoms (or 1 week after onset of jaundice). Contact your doctor before returning to school.
<b>Hepatitis B</b>	Often no symptoms in young children. When they do occur, they can include fever, loss of appetite, nausea, vomiting, jaundice (yellowing of skin and eyes), dark urine.	 ... if they have symptoms. Contact your doctor before returning to school.  ... if they have a chronic infection (not the first outbreak) and no symptoms.
<b>Impetigo</b> (School sores)	Small red spots change into blisters that fill up with pus and become crusted; usually on the face, hands or scalp.	 ... until antibiotic treatment starts. Sores should be covered with watertight dressings.
<b>Influenza</b>	Sudden onset fever, runny nose, sore throat, cough, muscle aches and headaches.	 ... until well.
<b>Measles</b>	Fever, tiredness, runny nose, cough and sore red eyes for a few days followed by a red blotchy rash that starts on the face and spreads down the body and lasts 4 to 7 days.	 ... for at least 4 days after the rash appears.
<b>Meningococcal Disease</b>	Sudden onset of fever and a combination of headache, neck stiffness, nausea, vomiting, drowsiness or rash.	<b>Seek medical attention immediately.</b> Patient will need hospital treatment. Close contacts receive antibiotics.
<b>Molluscum Contagiosum</b>	Multiple small lumps (2–5mm) on the skin that are smooth, firm and round, with dimples in the middle. In children, occur mostly on the face, trunk, upper arms and legs. Symptoms can last 6 months to 2 years.	
<b>Mumps</b>	Fever, swollen and tender glands around the jaw.	 ... for 9 days after onset of swelling.
<b>Ringworm*</b> (tinea corporis)	Small scaly patch on the skin surrounded by a pink ring.	 ... for 24 hours after fungal treatment has begun.
<b>Runny nose or common cold</b>		 ... unless there are other symptoms such as fever, sore throat, cough, rash or headache. Check with school.
<b>Scabies*</b>	Itchy skin, worse at night. Worse around wrists, armpits, buttocks, groin and between fingers and toes.	 ... until 24 hours after treatment has begun.
<b>Shigella</b>	Diarrhoea (which may contain blood, mucus and pus), fever, stomach cramps, nausea and vomiting.	 ... until there has not been a loose bowel motion for 24 hours. Antibiotics may be needed.
<b>Slapped Cheek Syndrome</b> (Parvovirus B19 infection, fifth disease, erythema infectiosum)	Mild fever, red cheeks, itchy lace-like rash, and possibly cough, sore throat or runny nose.	 ... as it is most infectious before the rash appears.
<b>Whooping Cough</b> (Pertussis)	Starts with a running nose, followed by persistent cough that comes in bouts. Bouts maybe followed by vomiting and a whooping sound as the child gasps for air.	 ... until the first 5 days of an antibiotic course has been completed. Unimmunised siblings may need to stay home too until treated with an antibiotic.
<b>Worms</b> (Threadworms, pinworms)	The main sign of threadworms is an itchy bottom. Sometimes children feel 'out of sorts' and do not want to eat much. They may also have trouble sleeping, due to itching at night.	 ... and tell the school as other parents will need to know to check their kids.

**\*It is important that the rest of the family is checked for head lice, scabies and ringworm**