



LAWSON'S LATEST

THE HENRY LAWSON HIGH SCHOOL

10 NOVEMBER 2017 TERM 4 ISSUE 5

Year 7 transition

A great welcoming assembly was held on Wednesday for our excited and somewhat nervous Year 7 2018, and they were treated to a range of activities to introduce them to THLHS. After becoming better acquainted with peer mentors from Year 9, parents and students viewed a showcase of just some of the great opportunities that exist at THLHS. The uniform modelling by Year 9 was certainly an item that caught everyone's attention and was executed with the professionalism of a Paris catwalk. Our guests were treated to a great demonstration of a current Year 7 science project on bobsleds; our dancers performed a fantastic item, followed by a tour of the school to view our fabulous resources and learning spaces. Students then went on to participate in a range of team-building exercises and taster lessons throughout the day. Our transition program will continue on Wednesday 22 November and Wednesday 6 December. All Year 6 students from Grenfell and surrounding areas are invited to attend.



Year 7 2018 with peer mentors

CHALLENGE, ENCOURAGE, ACHIEVE

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Principal's Report

A couple of things about THLHS ...

Our size is our strength

We are like an extended family: we know our students well and care for them. We work with our parents to ensure the best outcomes for our students. Our size allows us to be adaptive, innovative and successful. Our size means more teaching and learning time with every child. We see proven, long-term high performance growth in our students.

Every opportunity for every student

You name it, our students do it: we have a jam-packed calendar of extra-curricular activities open to all, not just the elite. All participation in academic, sporting and community events is backed by challenge, encouragement and achievement in all areas, for all students.

The 'soccer international'

An enjoyable friendly soccer match between staff and students was played in fantastic weather conditions last Friday. It was a closely contested game, with some exceptional goals scored by both sides. The players-player on the staff team was Mr Amey, who skilfully defended the staff goal from repeated and relentless student attacking moves. The final score was a win for both student and staff enjoyment.

Melbourne Cup

The 'who's who' of the THLHS horse racing community were present on Tuesday as part of the SRC's Melbourne Cup mufti day. A significant number of very well dress ladies and gentlemen were on hand to be judged as best dressed on the day; thank you to the students who organised judging and to all those that dressed up so well for the day.



Maths skills

Year 12 mathematics students visited Cowra High School to enhance their learning opportunities by participating in a HSC study day event. The students gained valuable insights, tips and tools to assist them with their HSC mathematics study.

Whole Lotta Latte

Business studies students will run a stall today as part of their learning. Orders have been taken over the past week and the stall will deliver a quality range of beverages and treats to both staff and students. The operation of the stall is part of the students' studies into running and operating a business.

Principal's tip - active studying

When studying, students should be using a wide range of study techniques. One of the biggest mistakes students make is just to re-read their notes over and over and hope it sticks in their head instead of testing themselves on the content as they should be doing. In addition to retaining the content, students need to practise applying the skills of the

subject, doing as many revision questions and past exam papers as possible. Students may like to look at purchasing or asking your teacher for an additional textbook in a different brand so that they have more questions to use as revision. If students struggle in an exam situation, they need to do more practise under exam conditions (i.e. under time limits and not looking at any notes or answers as they do the practise exam).

HSC exams

Well done Year 12 on your significant efforts with the HSC exams. The HSC exams finished this week and we all now wait with anticipation to see all the great results you have all earned over the past 12 months. Year 12, please come in and share your results with us.

School changes for 2018

The school is currently preparing for the 2018 school year. There will be some changes introduced to school structures and curriculum. The planned changes for 2018 include:

- the period length for lessons will change from 60 minutes to 55 minutes
- the school will no longer run DEAR
- a 25 minute period will be added to the end of the day called Learning Across the School (LATS)
- changes to the start and end time for school and the length of recess and lunch. School will now commence at 8:55 am and end at 3:15 pm
- Year 7 will start a new science, technology, engineering and mathematics (STEM) course focusing on project-based learning using STEM subject areas
- interest electives for Years 9 and 10 will be introduced. These will focus on project-based learning and we plan to link these with community activities and businesses.

The purpose of LATS is to address individual needs and teach and coach students, to meet the learning goals of the school and community. More deeply, it is about assisting students in any way necessary to make them more successful.

The LATS program is designed to:

- assist students to make the transition from school to home learning
- assist students and parents with homework and home learning (study skills)
- address individual students' literacy and numeracy requirements
- support the social needs of students
- develop soft skills (personal attributes needed to succeed beyond school).

More information will follow as we move closer to 2018.

Next week

Year 9 and 10 exams all week. I hope they have been reading the principal's study tips.

Our final placement for Year 11 VET courses will be completed. Thank you to all the employers that support our students.

Monday is the highly anticipated Year 8 food technology big dinner. Parents will be speechless over the quality of the meals that our students will provide for them.

Friday - Year 8 ice-cream stall – sounds very yummy.

Thank you and have a great week – Ian Pattingale.

Where are they now with Brett Causer - 2007

Briefly describe your time at THLHS.

I attended THLHS in years 11/12 and completed the HSC in 2007. I enjoyed learning, always had a strong work ethic and liked to do well in all areas; academic, sport, etc. I represented the school in as many sports as possible: Rugby league, cricket, Rugby union (even though I'm not a fan!), touch footy and soccer. I was school captain and assisted in organising many events as part of my role in the SRC. Having experience in leadership roles at THLHS gave me the confidence to take on more responsibility at university and in my first professional job as a high school teacher. Playing in sports teams with different personalities and abilities taught me acceptance, tolerance, patience, communication skills, persistence and teamwork; all qualities that are sought after in the workforce. My favourite subject was PDHPE. It was interesting, involved some sport and Mr Damien Johnson was and still is an outstanding teacher/mentor. I have many favourite memories of THLHS: winning sporting games as the underdogs, lunch time shenanigans, PDHPE lessons, student/teacher banter and overall good times with mates.

What are you doing now?

Since 2012 I have been working at West Wyalong High School and The Henry Lawson High School, mainly teaching PDHPE and Maths. More recently, I've begun teaching at Orange High School whilst I begin my own small business: **Motion as Medicine-Exercise Physiology**. In a nutshell, I prescribe evidence based exercise as therapy for the management, treatment and prevention of chronic health conditions such as diabetes, heart conditions, respiratory disease, cancer, arthritis, chronic pain and many more. I also have the knowledge to increase athletic performance, rehab injured workers and educate people about health and wellness. I currently consult at Temora and Grenfell, but aim to provide exercise physiology services to more rural towns in the future. I'm also developing various other projects, including a kid's movement skills program. My vision is to *inspire, educate and assist individuals in rural areas to achieve their optimal health and performance*.

How did you get there?

I completed a Bachelor of Science, Graduate Diploma of Secondary Education (PDHPE) and a Master of Clinical Exercise Physiology (Rehabilitation). All up, this took five years of university and many hours of clinical placement.

What is your career highlight?

I'm not "blowing my own trumpet", just merely setting the scene. Many people would assume one of the following achievements as my career highlights. I was DUX and school captain of THLHS, sports person of the year at Wollongong University 2008, played Rugby league for an NRL feeder club, played cricket in a NSW country team and obtained first place in two university degrees; however none of these come close to being my career highlight. My career highlight is that **I'm still here**. That will come as a huge shock to many people that I went to school with, worked with and/or the students I have taught. I can imagine many of you thinking how could he be so badly depressed? What is so bad about his life? Trust me, I thought the same thing! The past 8 years have been the hardest of my life. To cut a very, very long story short, it all stemmed from a very inconspicuous, career ending injury that I suffered to my spine, resulting in my retirement from competitive sports at the age of 19. I lost my identity. I felt worthless and a waste of space. It made me see the world in a terrible way I never thought possible. There have been many days where I've wished I wasn't on this earth. I would go to work, put on a happy face and then fall in a heap at home. I'd lie for hours in the dark, motionless, wishing that I could go back to normal. I was at my wits end! I've now accepted that my days as an aspiring athlete are over. I've accepted that I'll always have chronic pain and limitations, which really sucks! However, I now need to make the most of what I still have. My mental health is getting better and I'm beginning to re-form an identity. I will always be disappointed about my injuries/disease, as it cost me what I enjoyed most, but it is out of my control. It is the hand I've been dealt and now I am moving forward and dealing with what is in my control. It is still not easy, but thankfully I have the best family, a wonderful girlfriend and a couple of close friends who have helped me keep fighting. Why is this all important? Besides being the answer to my career highlight to date, I think everyone goes through stages at times when things get tough. That is completely normal. It is LIFE! But to those people that are always hating on themselves, struggling with constantly not wanting to do things, withdrawing and feeling very depressed ... **that isn't normal, but you are not alone**. I've been there and still am sometimes, as I constantly learn to deal with my condition/s. Please don't give up! Hold onto hope and most importantly, **seek help**. Talk to someone. Ultimately it's **up to you** to change something if you don't like it, but there are people that can help. You just have to find them. Also, if you think someone may be struggling, it doesn't take much to ask *Are U OK?* People are great at hiding things, but just knowing someone is interested in them may make a huge difference, even if they don't show it.

What advice do you have for the young?

My advice would be: work/study/play hard, challenge yourself, get involved, fail lots, meet people, don't worry what others think about you, put your phone away, have FUN and be kind to everyone. THLHS is an outstanding school and has all the resources to do whatever you want in your life if you are dedicated with application. I'll leave you to ponder over a few quotes which I think are important to live by: *Be kind whenever possible. It is always possible*, **14th Dalai Lama**. *Don't let yesterday take too much of today*, **Will Rogers**. *With great power comes great responsibility*, **Spiderman's Uncle Ben**. *The greatest glory in living lies not in never falling, but in rising every time we fall*, **Nelson Mandela**. *Some people want it to happen, some wish it would happen, others make it happen*, **Michael Jordan**. *Remember to eat all your vegetables*, **my mum**.

Thank you!



HSIE ASSESSMENTS

- Year 12 business studies – Operations business report – due week 8.
- Year 12 legal studies – ICT research and essay – crime – due week 7.

ROCKING OUT AT THE ENMORE!

Last Tuesday evening, Axl Delandro, took to the stage at the Enmore Theatre in Sydney alongside some of Australia's rock royalty. Iconic artist's including; John Paul Young, Angry Anderson, Glenn Shorrock, Casey Donovan and members of The Choirboys, The Church and Moving Pictures banded together as part of the 'Variety Rock's' concert to raise money for Variety the children's charity.

Variety supports some of our country's most courageous children, who are suffering from serious illness and disability. All money raised from the concert will go towards providing music therapy to children in the Variety ward at Westmead Children's Hospital.

Axl walked away from this opportunity with a wealth of knowledge and experience including: working with a professional band, stage setup, working with a producer, artists and a crew, time management skills and stage presentation. He also got to experience and overcome the nerves that go with playing to a large audience.



After a successful Grenfell Show, Year 8 student Angus Kelly continues to have a great interschool relationship with the Murrumburrah High School Show Team. Last month he attended the two-day Cootamundra Show with the Murrumburrah Farm Club, an annual event at which they camp overnight in swags and participate in the junior judging and parading agricultural programs offered at the Cootamundra Show. Angus had a good time, gaining first place in his age group for grain judging, placing third in the cattle judging and a second place with the steer he exhibited in the steer class.



Working together
for our children's future

Meeting the second Monday of each month



Thank you to all who supported our Gourmet Sausage Drive, particular thanks go to the **Grenfell Meat Barn** for creating such flavoursome sausages for us. Thank you also Hannah Troth for organising this yummy fundraising project.

The November P&C meeting is coming up. What will we discuss this time? Fridges, wood chopping team, school caps, garden design, fundraising ideas/plans for 2018 and more! Everyone is welcome to attend. Please note a change of day and venue for this meeting.

Date: Tuesday 14 November at 7pm

Venue: THLHS Canteen

HELP NEEDED!

The canteen roster for term 4 is open and we are desperately short of volunteers.

If you are able to help or would like more information, please contact Sonja Cotter during school hours on 6343 1390 or after school on 0487 612 258.

Thank you for your support.

CANTEEN ROSTER

Week commencing 13 November

Monday
Tuesday
Wednesday
Thursday
Friday

Keryl McCann
Vacant
Lyn Hucker
Vacant
Anne Best

Online trial for literacy and numeracy tests

Students are required to achieve a minimum standard be awarded the HSC in 2020. Some students have already demonstrated this standard in the Year 9 NAPLAN test.

Others can demonstrate they have reached this standard in Years 10, 11 or 12 or even after they finish school.

There will be online testing next year.

Would you like to be part of a trial so that you can see what the tests are like?

You may choose which one(s) you want to do.

Our school will be setting up the tests for any student in Year 9 or 10 who wants to be part of the trial.

WHEN? During sport on Wednesday 15 November.

More information below.

2017 trial HSC minimum standard literacy and numeracy tests

About the test

In order to prepare for the 2018 tests, NESA is inviting all 2017 Year 9 and 10 students to participate in trial online tests in reading, writing and numeracy.

The trial test period is **13 – 24 November 2017**.

The tests will include:

- **Reading test** – 50 multiple choice questions (60 minutes)
- **Numeracy test** – 50 multiple choice questions, (60 minutes)
- **Writing test** – one question based on a prompt. Students will be required to write a maximum of 500 words (45 minutes).

Please note, in the 2018 reading and numeracy online tests, there will be 45 multiple choice questions. It is anticipated that many students will complete the test in less than 60 minutes.

Please note, as the 2017 tests are a trial, the results will not contribute towards the student's HSC minimum standard requirement.

Melbourne Cup - Fashions on the Field!



Research tasks for Community & Family Studies

Students in Year 12 Community & Family Studies (CAFS) have been working very hard on the IRP (Independent Research Project). They need support from the school population as well as parents to complete surveys on their various topics. Can you help?

Social Media and its effect on teenagers' well-being

Every student of The Henry Lawson High school has been emailed an online questionnaire. Students do not have to complete this questionnaire participating only if they wish to; not that responses and given information will be anonymous. This questionnaire was created by Tarlia Cotter for her IRP on the topic of 'social media and its effect on a teenager's wellbeing and socialisation'. The questionnaire will look at how social media makes teenagers feel, how they use it and how it affects their socialisation with others. If students choose to complete the questionnaire and find a question too confronting, challenging or hard to understand, or they just don't want to answer it, they don't have to answer all the questions. If any of these questions raise any issues or concerns for your student, you may contact the school counsellor or any of the teachers at The Henry Lawson High School.

Perceptions of youth within the Weddin Shire

As a part of Sarah's assignment for her 'Community and Family Studies' class, she will be surveying all the students at school. Sarah is researching perceptions of youth within the Weddin Shire and is very interested in learning about the views that students have on youth and our community. The survey should only take around 10 minutes to complete; Sarah will run lunch time sessions to complete the Google survey form. However, these can also be done at home as they will be sent to your school email address. Sarah would like to thank in advance all those who take the time to complete this survey; your responses are invaluable.

Structural change within the immediate family

Paige's IRP will research the impact of structural change within the immediate family. Parents/guardians are asked to follow the link <https://goo.gl/forms/WRIYxzb3vHiUQDL2> and complete the survey if they have had structural change (divorce, remarriage, death, etc.) within their immediate family. For those families that haven't experienced structural change within the family, your responses would also be valued. All responses are kept anonymous and will be greatly appreciated. If you would like a hard copy of the survey, or the above link please contact me via email.

Students will also be receiving a survey to fill out, if you wish for your student not to participate, please contact Paige via email: paige.hughes2@education.nsw.gov.au. Paige wishes to thank you for taking the time to fill this out.

The effects of peer pressure on high school students

Bianca is conducting a questionnaire for both the students and parents of The Henry Lawson High School for her IRP on the topic of "the effects of peer pressure on high school students aged 12-18". Both questionnaires will remain anonymous and students and parents do not have to complete it if they do not wish to. Please follow the link <https://goo.gl/forms/RCIAIajzokNtLfHs1> to access the parent survey. If you require a hard copy, or to receive the link via email, please email bianca.cotter1@education.nsw.gov.au. Bianca is interested in the positive and negative effects of peer pressure as well as the strategies students use to resist peer pressure and strategies parents use to help their children avoid negative peer pressure.

Thank you again for your assistance,

L. McCulloch.



Swimming Club News

Grenfell Swimming Club meeting, Monday 13 October, 8.00pm, Grenfell Swimming club rooms.

Swimming squad - sessions Monday - Thursday. 4pm - 5pm and 5pm - 6.30pm.

Saturday session to commence at later date to be set. Cost \$85 first session. November - December block per person.

Swimming Club nights commence Friday 10 November, 6pm start - *you must be registered before this date to swim.*

Contact Leann 0408 431 022 or new Aquatic Centre 0490 830 563

YEAR 10 FIRST AID

The Henry Lawson High School will again host Royal Life Saving Australia to teach First Aid to Year 10 students. This course is highly recommended and has been a worthwhile experience for our students in past years.

- When: Monday 4 – Tuesday 5 December, 2017
- Where: THLHS
- Time: 9 am – 3.20 pm
- Cost: \$70.00

In order to receive this formal accreditation, students must have registered for a Unique Student Identification (USI) number. To attain one, students must go to www.usi.gov.au and have identification such as Medicare number or licence number. USI number will need to be submitted before the course date.

Other students (who may have missed this training in previous years) are also welcome to participate.

Please see Ms McCulloch for details.

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CreatorsWanted at makemyidea.com.au

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*Samsung Ideas Lab includes a Galaxy S8 phone, Galaxy Book 12 256GB 4G tablet, a Gear VR, a Gear 360 camera and a DNX Station. Terms and conditions apply. See www.makemyidea.com.au for details.

ARE YOU HAVING A XMAS PARTY?

GRENFELL JUNIOR RUGBY LEAGUE

SEAFOOD NIGHT

kindly prepared by John Gorman

- Venue:** Grenfell Country Club
(Courtesy Bus Available)
- When:** 18th November 2017
- Time:** 7pm for 7.30pm
- Bookings:** Grenfell Furniture and Whitegoods
- Cut-off:** 2pm, Tuesday 14th November
(Must pay at time of booking)
- Cost:** \$50.00 per person
(Don't like Seafood - \$30 Alternative meal available)



Country Education Foundation of Grenfell

Helping our local young people
to achieve their dreams.

You can support us by donating; to find out more contact cefgrenfell@gmail.com
or visit <http://engage.cef.org.au/directory/foundation/3085/grenfell>

Applications for 2018 scholarships are now open.

STUDENT v STAFF SOCCER

aka THE HENRY LAWSON HIGH SCHOOL WORLD CUP.

