



LAWSON'S LATEST

THE HENRY LAWSON HIGH SCHOOL

24 NOVEMBER 2017 TERM 4 ISSUE 7

Pink Stumps Day

Year 12 will host *Pink Stumps Day* for their chosen charity, the *McGrath Foundation*, on Monday 27 November. All staff and students are encouraged to wear pink, purchase pink styled food and participate in cricket activities to raise awareness and funds for this cause. The *McGrath Foundation* funds 118 breast care nurses in communities across Australia and is a charity close to the hearts of staff and students at The Henry Lawson High School. For a gold coin donation, students are able to wear pink mufti on Monday.

Should parents, carers and friends also wish to donate, we have a *go fundraise* page. Please see the link below.

<https://pinkstumpsday2018.gofundraise.com.au/page/DanielBarclay0>



Frazer makes the cut!

After many trips to Brumbies headquarters in Canberra, school captain Frazer Ryder has been selected for the ACT Brumbies 7's under 17's team.

Frazer has risen through the ranks playing Rugby union for the school, Grenfell junior and senior Rugby union clubs, Young Yabbies Rugby union club and Southern Inland representative Rugby union.

Frazer will now head to Queensland to play in the under 17's National Sevens Championships in early December.

Congratulations Frazer.

CHALLENGE, ENCOURAGE, ACHIEVE

49 SOUTH STREET, GRENFELL NSW 2810

02 6343 1390

www.henrylawson-h.schools.nsw.edu.au

Principal's Report

Welcome Year 6

Year 6 again visited their new 2018 high school last Wednesday. After working hard in the morning at the GPS Swimsafe program, the students were welcomed to THLHS by staff and peer mentors. Throughout the day they participated in mini-lessons across different learning areas and also enjoyed the peer mentoring sessions with Year 9.

A reminder to all our new and existing parents with students entering Year 7 in 2018: please contact the school to make an appointment for a Year 7 transition interview. The interviews are a great way for us all to learn more about each other and how we can help our students to be successful.

UNSW Engineers Without Borders

Our Year 7-9 students experienced the Engineers Without Borders school outreach program on Tuesday. The program sends out volunteer engineers into schools to run creative, hands-on workshops designed to open young people's minds to the challenges facing developing countries. The engineers also spoke about career options available to engineers and technical professionals and the power of humanitarian engineering to create positive change. The program was a great opportunity for our students and many enjoyed the activities and discussions that occurred throughout the day.



Archibull final

Our successful Archibull team traveled to Sydney on Monday and Tuesday to participate in the state final for the blog and animations sections of the competition. After a very early start on Monday the students had a chance to do some exploring around the city during the afternoon. The official meter count for the day was over 17000 when the day's activities concluded. After a good night's sleep the students inspired the panel of judges by explanation of their entries before getting back on the train and buses for the long trip home. Congratulations to all the students that participated in the Archibull challenge this year; it was a truly fantastic effort. Planning is already underway for a bigger and better entry for 2018.



Year 10 work experience

Year 10 are all busy at work this week as part of the school's careers and work experience programs. Again, thank you to all the local businesses that support our students in assisting to produce competent and knowledgeable young persons for the future.

A couple of things about THLHS ...

Leadership

We have a highly valued student body with a real ownership of school improvement. Almost all students in our senior years experience leadership roles. Our student representative council (SRC) are empowered to help drive our school's development and manage the implementation of school improvement projects. Our school embraces a students-helping-students philosophy.

Quality

Our staff is committed, collaborative and innovative. Our focus is on developing and delivering highly effective teaching practices. Our teachers endeavour to understand every student and to appreciate their individual learning abilities.

Principal's tip – homework vs. study; what's the difference?

In primary school life was different, you just did the work your teacher told you to do. So, if you had homework and assignments, you did them then stopped. But in high school you don't just do what your teacher tells you to do. Instead, you are supposed to aim to do schoolwork for a certain amount of time each night. For junior years this maybe 1-1.5 hours per night and in the senior years as much 3 hours per night – this will vary between individuals and between schools. This is where the general concept of study comes into play. If you have no more homework or assignments, then you are supposed to actually go looking for what else you could do to help you improve your understanding of what you are learning at school. This is what is often referred to as study. Basically, it means doing things that will ultimately help you get better marks at school. So, each night, you do your homework and assignments first, then spare time from the total time allocated for schoolwork is to do some study. This might mean going back and reviewing what you did in class over the last day or even over the last week. It might mean doing extra questions on areas you find difficult. It might mean making study notes. It might mean doing questions from an additional textbook or study guide. It might be making flashcards on a topic. It might also mean developing your own study skills! (source: www.studyskillshandbook.com.au).

Next week

Pink Stumps day will be held on Monday. Pink Stumps Day provides cricket clubs, businesses, schools and mates the opportunity to show off their cricket skills, turn pink and fundraise for the McGrath Foundation to place McGrath Breast Care Nurses in communities across Australia. Please encourage your child to dress up in pink and nominate for the teacher vs student cricket match.

Year 7 excursion - I wish our Year 7 students heading for Canberra a wonderful time having fun and learning at the various attractions across the national capital.

Stage 5 agriculture students are off to the butcher as part of their studies.

Have a great week!

Ian Pattingale

Where are they now with Elly Oliver - 2013

I graduated from high school after a long year of studying to get the best marks for university. Uni was always on my radar and I always wanted to be an English/history teacher, as they were my best subjects at school and I enjoyed studying them. But leading up to the HSC, I undertook work experience at Peter Berry Consultancy, a business management firm in Sydney, and was lucky enough to take a personality test which suggested that a law degree might suit me. Unfortunately, my marks didn't reflect the standard needed to achieve a 92+ ATAR.

Despite this, the University of Wollongong offered me a place in their Bachelor of Arts degree based on my application. I then attended an interview and explained that law was what I wanted to study, and that the Arts degree would only be a pathway for me to progress into law. Luckily, I ended up receiving an early entry offer into a double degree of law and arts, and today I am in my fourth year of a Bachelor of Laws/Bachelor of Communication and Media Studies, majoring in marketing and advertising.

At school, I was part of the choir, band, SRC, sports teams, the peer mentor program and most importantly, debating and public speaking, which has helped me so much with my degree. Speaking confidently, developing strong arguments and quickly adapting to challenges is part of my every day-to-day now, particularly regarding my interest and involvement in politics since leaving school. In 2015,

I took part in the Commonwealth Youth Parliament in Darwin, representing Australia among 52 other nations. I have participated in the Women in Parliament program for a number of years and I've worked for three politicians across the Central West, Hume and Illawarra, which has given me a great understanding of what issues affect regional communities and the role of those in public office. Recently, I have worked with the NSW State Government regarding the proposal of stronger legislation for child sex offences, I've taken an interest in veteran's affairs issues, working closely with the NSW RSL and have become a tutor for Indigenous students at UOW to help them succeed in their studies.

I am passionate about rural kids getting the same opportunities as people from the city, and making sure that people start to value drive and determination more than academic results. For me, I think the only purpose of an ATAR is to act as a tool to compare HSC students across the country, and what they cannot measure is a person's work ethic or passion – which is, in my mind, one hundred times more important. I would not have had the experiences or opportunities I've had without working hard and acknowledging where I have come from, or without having a family who has supported and backed my decisions at every chance. Half of the battle is believing anything is possible, and once you have conquered that hurdle, it is onwards and upwards! School gives you such an opportunity to better yourself and constantly strive for excellence, so my advice while you are there is to work hard, embrace the community that is helping you flourish, and never accept the limits that are projected on you – when people doubt my ability, it only makes me work harder to prove them wrong and strengthens my resolve to succeed.



For the attention of all students and parent/carers

Forbes HS youth wellness visit

The Forbes High School Youth Wellness Committee Road Show will visit our school on Wednesday 29 November to present two short films their students have made on the topics of unplanned pregnancy and alcohol. The films explore these issues as they relate to young people and showcase positive choices. All students from years 8-11 will attend the presentation (Year 7 will be away at their Canberra excursion). If you would like further information, please contact Margaret Lynch at the school on 6343 1390.



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.

Well-being Corner

"If you don't ask, you don't get." Mohandas Ghandi

You can wish that your teacher would take time to explain your assignments more clearly; you can hope that your parents will give you more freedom; you can want your friends to listen when you need to talk. And you can wait ... and wait ... and wait for everyone you know to become a mind reader. Asking is faster!

TODAY

I'll ask for what I need.

Archibull 2017



Year 6 Transition

On Wednesday, Year 6 from Grenfell and Caragabal Public Schools came to us for their second transition day. The day involved getting the upcoming students familiar with the school and the changes that occur moving from primary into high school. The students attended five mini lessons including: maths, science, music, art and food technology, where they gained a taste of each of the subjects. The crowd favourite of the day was their lesson with Ms Crossley as they left with the reward of the chocolate truffles they made.

The next transition day will be on Wednesday 6 December. On this day, the students will attend the pool for sport and are reminded to bring: swimmers, a towel, permission note and \$2 for the bus and pool entry (\$1 if they hold a season ticket).



Swimming Club News

Swimming club and Aquatic Centre enquiries: Leann 0408 431 022 or new Aquatic Centre 0490 830 563

It was lovely to host our Quandialla counterparts on Friday evening but a great call from Leann to stop at race five - the heavens opened and it started hailing.

Claim the date: Saturday 17 February 2018 - our inaugural Business House Relays - commencing 4.30pm. Pop the date in your diary.

Permanent entries: All families to touch base with Leann and confirm permanent entries for club before Friday 4.30pm please. There has been a lot of confusion with the process. Entries close with Leann at 4.30pm on Friday.

Feature race: 100m butterfly. Nominations need to be with Leann by 4.30pm this Friday.

Splash pad: when 10m and 20m races are on please keep noise to a minimum whilst using the splash pad - thank you.

Raffle winner - congratulations to Peter Keppie who won the weekly raffle, kindly donated by the Carroll family. Donated raffle prizes are greatly appreciated and may be left with Leann at the Grenfell Aquatic Centre.

Carnivals: <https://mountainsandplainsnsw.swimming.org.au/>

Forbes carnival - Sunday 26 November 2017. E-entries can be submitted online at forbes.swimming.org.au. Closing date extended to midnight Tuesday 21 November 2017.

Parkes carnival - Saturday 2 and Sunday 3 December 2017. E-entries can be submitted online at parkes.swimming.org.au. Closing date extended to 5pm Tuesday 21 November.

New website: our new website address is <https://grenfell.swimming.org.au/>

Weekly news

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

Timekeeper/raffle roster for Friday 24 November 2017: Quandialla, Aspin, Martin, Best (Henry), Freebody, Noble, Reid

A promotional poster for Water Polo NSW events. The background is a photograph of a water polo match in progress. Overlaid text includes: 'Come and Try Water Polo!' in large blue letters, 'Meet an Olympian!' in smaller blue letters, 'Free water polo clinics in regional NSW delivered by Water Polo NSW (WPNSW) and supported by Macquarie Sports.' in white, 'When and Where:' in white, a bulleted list of dates and times for Dubbo and Orange, 'Clinics involve land and water based activities and modified games' in white, and a registration link 'http://bit.ly/WPNSWClinic' in white. Logos for Water Polo NSW, Macquarie, and Water Polo NSW Events are at the bottom.

Come and Try Water Polo!

Meet an Olympian!

Free water polo clinics in regional NSW delivered by Water Polo NSW (WPNSW) and supported by Macquarie Sports.

When and Where:

- Dubbo: Tuesday 19 December at 9am
- Orange: Wednesday 20 December at 9am

Clinics involve land and water based activities and modified games

To register go to this link: <http://bit.ly/WPNSWClinic>

Water Polo NEW SOUTH WALES

MACQUARIE

WATER POLO NSW EVENTS

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 27 November

Monday
Tuesday
Wednesday
Thursday
Friday

Vacant
Sandra Hughes
Vacant
Vacant
Beth Knight



INVITATION

We would like to invite you to attend a farewell dinner for Andrew Hooper to acknowledge his contribution to Grenfell Public School.
Please see details above.



Pool Safety Session

The Community Nurse is conducting a pool safety session for parents and carers with children aged from birth to 5 years old.

Date: Friday 15 December

Time: 11-12

Location: Library

Free gift on booking

For bookings:

Ph: 6343 1334

Email: grenlib@grenfell.org.au

Or via Facebook

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If you don't have a tablet or smartphone, you may access the library from your computer; the address is henrylawson.wheelers.co
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