



# LAWSON'S LATEST

THE HENRY LAWSON HIGH SCHOOL

1 DECEMBER 2017 TERM 4 ISSUE 8

## Pink Stumps Day

Well done Year 12 for organising Pink Stumps Day last Monday. The school was awash with the colour pink as students supported the McGrath Foundation's quest to place breast care nurses in communities across Australia. Year 12 organised several activities for the day, including a pink cake stall and a lolly jar guessing competition. The lolly jar was won by Mr Barclay however, I've heard he has donated it back to be raffled again. At recess and lunch staff and students enjoyed a game of cricket. Mr McKnight was impressive with the ball, dismissing many competent batters and there were plenty of big hits and dropped catches. Overall, a fun match and day.



## Presentation Day 2017

Parents, carers and friends are cordially invited to attend the 2017 presentation day assembly to be held on Thursday 14 December commencing at 11.00 am.

This is the culmination of our school year, when we recognise and reward our students for outstanding achievement in academia, sport and community citizenship.

The Henry Lawson High School wishes to thank the community for their continued generous support which enables us to acknowledge our students for their outstanding achievements.

---

**CHALLENGE, ENCOURAGE, ACHIEVE**

## Principal's report

### Forbes High School Youth Wellness Committee road show

On Wednesday students participated in a wellbeing activity developed by the Forbes High School Youth Wellness Committee. The group presented two short films that have been solely developed by students for students on the topics of unplanned pregnancy and alcohol. The films explored these issues as they relate to young people and the positive choices that can be made. Our students were highly engaged in the presentation and very appreciative of the opportunity to be part of this activity. Thank you, Forbes High School, for including our students in such a great activity.

### Presentation day

The school's presentation day will be held on Thursday 14 December. All members of the community are welcome to attend. Come along to witness and support our achievements for 2017.

### Year 7 excursion to Canberra

A very happy group of Year 7 students departed for Canberra on Wednesday, with three equally happy staff and one lucky parent. Year 7 had a full program for the three days and parents should expect tired children on the weekend. The itinerary included:

- Academy of Interactive Entertainment - the Academy of Interactive Entertainment is Australia's most awarded 3D animation, game design and visual FX educator.
- Questacon – designed to promote greater understanding and awareness of science and technology within the community.
- Australian War Memorial Strange but True exhibition – this exhibition looks at the amazing stories behind some of the more unusual and obscure items on display. Students will discover why they are here, and what they have to tell us about the experiences of Australians on the battlefield and at home during wartime.
- National Exhibition Centre Brick by Brick activities - this hands-on activity allows students to build models of landmarks that exist in Canberra.
- Museum of Australian Democracy – a look at old parliament house and engaging activities which explain how the building, its spaces and objects connect us with Australian democracy.
- Parliament House – tours and viewing of question time.
- Laser tagging and Sky Zone – the energy burning activities which are an important part of any school excursion and being with friends.

I'm sure the students will be buzzing when they return full of information, stories and memories. Have a look at the photos on our Facebook page.



## Principal's tip – what are study skills?

Study skills are known by lots of different terms: effective learning skills, learning to learn skills, metacognitive skills, self-regulating skills, independent learning skills. Whatever you like to call them, they are the generic skills that help students work more effectively at home, manage their assignments and study efficiently for tests and exams.

Some of these skills you will develop as part of your experiences in particular subjects. Other skills are more focused on the way you approach your work at home. But why are these skills important?

Well, firstly, achieving higher results will certainly give you more choice about what you might do when you leave school. There is also a strong sense of satisfaction in knowing that you did your best so you can walk away without regret.

However the importance of developing study skills goes way beyond these two reasons. The study skills you develop at school are actually lifelong learning skills. Regardless of whether you stay in the same career your whole life, or change careers 10 times, you will continually have to be learning; you will have to be certified, meet certain regulations, learn new elements of your job, study to move to the next promotional level – you are going to be learning for your entire life, it doesn't stop just because you leave school.

Through developing good study skills you are also developing personal management skills – how to make yourself do things when you don't want to do it, how to ask for help, how to manage and organise your resources – all sorts of things that will contribute to your future success. People with strong learning skills and self-management skills are more ready to face challenges of succeeding in what can be a very competitive world. So each time you manage to get yourself doing something you didn't feel like doing, celebrate another success in the development of your personal strengths and abilities! (Source –[www.studyskillshandbook.com.au](http://www.studyskillshandbook.com.au))

### Next week

Our Year 8 students are off on an excursion to Sydney. Sites to be visited include: Cockatoo Island, Sky Zone, UTS, Luna Park and Powerhouse Museum. Year 10 are off on their Crossroad excursion. Year 6 will participate in the last day of transition activities. The THLHS band will be playing at the local Carols by Candlelight.

Have a great week - Ian Pattingale





## Where are they now with Brooke Eppelstun - 2008

Hey guys, my name is Brooke Eppelstun and I graduated from THLHS in 2008.

Most of my enthusiasm during schooling was dedicated towards socialising and sport with little left over for academia. I consider this an Eppelstun family trait. I loved sport and would try everything I could get my hands on, from lawn bowls to Rugby union. Through sport I learned valuable skills that I have utilised throughout my life, particularly in my career. Being a team player for instance, is an essential skill in the health profession, especially in high stress situations.

If free periods are counted as subjects, then this would have been my favourite, with geography coming a close second. We were blessed with a great teacher (shout out to Mr Nottingham), who ignited my interest in travel and nature. This passion for travel evolved into a fascination with diverse cultures, which has led me to some wonderful places around the world. In 2010 I headed off to university in Wagga and during this time I spent most of my summer breaks traveling and immersing myself in foreign cultures. This interest led me to apply for a graduate nurse position in Alice Springs.

On an average day at Alice Springs Hospital, I am involved with the care of Indigenous Australians from many different Indigenous nations, each with their own language, cultural practices and beliefs. My time here has taught me about the beautiful diversity of my own country. I planned on only stopping in Alice for a year, but during this time red dirt got in my soul and I fell madly in love with the outback and the uniqueness of the work here.

I went on to work in the intensive care unit and specialised in critical care nursing. I thoroughly enjoy the challenge and complexity of an intensive care environment. At present I am working as a graduate nurse educator which involves supporting junior nurses and nursing students at Alice Springs Hospital. Along my journey I have made more than my fair share of mistakes, however they have led me here, exactly where I want to be in life, and for that I am grateful.

My little piece of advice to the students reading this would be, don't forget to be a kind person. You don't have to be an exceptional person, nor the funniest, smartest, prettiest or wealthiest; how kind and compassionate you are says more about your character than all of the other things combined.



---

## Reading Rocks!

At this week's assembly we recognised our *Top Readers* 2017. Congratulations to George Mitton Year 8, Tom Robinson Year 9 and Tanaya Holz Year 10. Each student received a book prize (of course!) to enjoy over the summer.

At next week's assembly, we will acknowledge our Year 7 top reader, as well as all those students that completed this year's NSW Premier's Reading Challenge.



If you get stuck over the summer for reading material, keep in mind our e-library (see below), and don't forget our wonderful local public library.

### Accessing our e-Library

- from the App Store, or Google Play, download the free Wheeler's ePlatform app to your smartphone or tablet
- once you've installed the app, go to find your library and begin typing : the henry lawson ... our school e-Library will appear
- sign in using your DoE (Department of Education) username e.g. **carmella.fisher1** your password is **Staff** (don't forget the capital S).

If you don't have a device, you may access the library from your computer; the address is [henrylawson.wheelers.co](http://henrylawson.wheelers.co)

# HANGING OUT IN THE LIONS DEN ...

## Lions Youth of the Year

On Sunday evening, Connor Day, Jessica Pereira, Paige Hughes and Heather Walker attended the Lion's Youth of the Year competition at the Railway Hotel. Each student was to complete three sections of the competition, demonstrating their ability to: sit and interview, construct an impromptu response, give a speech on a topic of their choice. The students were asked to respond to questions based on community involvement and current personal achievements, before being asked two impromptu questions. These questions were very challenging and all students did well to reply with a cohesive response on the spot. We then enjoyed dinner with our local Lion's members before the speech component commenced. Connor delivered a powerful speech on boys in education, Paige spoke on the manipulation of the media, Jessica on the importance of studying history, whilst Heather spoke beautifully, acknowledging the rights and freedoms allowed to her as an Australian citizen. There were two awards presented on the night for the overall winner and for the public speaking; both awards went to Jessica Pereira. It was a wonderful experience, inclusive of community and was thoroughly enjoyed by all participants.



## Leos raise funds for Children's Mobility Foundation

After the first attempt to run a social bowls night was hailed out, a much more successful event was held on Friday 24 November when 14 triples teams – 42 players – took to the greens to raise funds towards the *Australian Lions Children's Mobility Foundation* to assist children with cerebral palsy so they may have greater independence.

The Henry Lawson High School Leos executive, Connor Day and Heather Walker, organised a bowls fundraiser night to help provide money for this cause. All players, young and old, experienced and inexperienced, enjoyed a fun night of bowls, then had a sausage sizzle cooked by Lions Deidre and Terry Carroll and Rodney O'Neill.

Lions donated prizes to the first, second and the wooden spoon teams. First place went to the team of Bridget Baker, Adam Hewen and Lachlan Stevens, while those in second place were Jessica Pereira, Isabel Hunter and Sarah Knight. The wooden spoon (chocolate) was enthusiastically accepted by Heather Walker, Marie Knight and Olivia Berry.

Overall, \$365 was raised from bowling entries and \$220 from the raffle, a collection of Christmas items from the Tin Cupboard.

Thanks to the Grenfell Lions Club for their support and sponsorship of prizes, Grenfell Bowling Club for their support in running the event, as well as David Hancock for coordinating the bowls competition. Thanks also to the Tin Cupboard for helping with the raffle prize and congratulations to Lyn Galvin who was the lucky recipient.

Finally, a big thank you to all the players, predominantly students in Year 9, 10 and 11 at the high school, who made the night a success.





## Swimming Club News

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

What a lovely, balmy evening and an awesome turnout - swim club had 100 swimmers competing last Friday night and a number of swimmers were promoted to longer distances - well done, keep up the great swimming! Thank you to our honorary guest starter - Frank Freudenstein - who has a long history with the club and kindly lends a hand when required.

### Important information

**Training equipment** - any swimmers requiring flippers, hand paddles etc for training - let Leann know ASAP. Leann will be doing an order on Tuesday 28 November.

**Swimming Club lockers** - for hire - \$40 for season plus \$20 refundable padlock deposit - contact the Aquatic Centre.

Important date:

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

### Official news

**Permanent entries** - all families to ring or touch base with Leann and confirm permanent entries for club before Friday 4.30pm please.

**Absentees** - if you know you are going to be away or want to change any events please advise Leann before 4.30pm Friday. If you need to pull out of an event on the night, due to sickness or injury, please let someone know at the desk.

**Feature race:** 100m backstroke. Nominations to Leann by 4.30pm this Friday.

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

- Parkes Carnival - Saturday 2 and Sunday 3 December 2017 - good luck to those swimmers competing in this carnival.
- Bathurst - Sunday 21 January 2018 - enter on-line at <http://bathurst.swimming.org.au/> entries close Friday 12th January 2018.

**Next meeting** - Monday 11 December - 8 pm - club rooms - all welcome!

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

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

### Weekly news

**Raffle winner** - congratulations to Deb Freebody who won a Grenfell Meat Barn \$20 voucher, kindly donated by Jaclyn and Sandra Hughes. Donated raffle prizes are greatly appreciated and may be left with Leann at the Grenfell Aquatic Centre.

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

---

## HELP NEEDED!

### The canteen is seeking volunteers for 2018.

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 4 December

<b>Monday</b>	Keryl McCann
<b>Tuesday</b>	<b>Vacant</b>
<b>Wednesday</b>	<b>Vacant</b>
<b>Thursday</b>	Veronica Hazell
<b>Friday</b>	<b>Vacant</b>



## 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](mailto:cefgrenfell@gmail.com)  
or visit <http://engage.cef.org.au/directory/foundation/3085/grenfell>

Applications for 2018 scholarships are now open.

---

## Well-being Corner

*"Try a thing you haven't done three times; once, to get over the fear of doing it; twice, to learn how to do it; and a third time to figure out whether you like it or not."* Virgil Thomson

Life is full of potential new experiences and positive risks. Give them a try, let curiosity motivate you; don't let fear stop you. Then, decide for yourself if you should make them a part of who you are.

**TODAY**

**I'll be open to new experiences.**

## Archibull 2017- a cross-KLA excursion.

**On our two day trip to the Archibull presentations we learnt about:**

### **Drama**

Our trip began with drama. Two students were on time to leave, but at the wrong place. They both went to the school instead of the town library for the Countrylink bus stop! With a lot of frantic messaging and calling at 5:30 am and little help from an amazing somebody, we stopped the bus on the outskirts of town, leaving 10 minutes late but with the two students safely on board.

### **PE**

We arrived at Central Station and set off walking for the youth hostel. This was not far and Mrs Reidy was on a mission to make us tired so we would sleep at night and then she could sleep too. We walked from the hostel to World Square, then to the Town Hall where we had lunch in a bustling busy food court. We walked on to Circular Quay and spent an hour at the Museum of Contemporary Arts, took a ferry to Manly, so Mrs Reidy could make us walk the Corso and then the length of the beach ... and back again! As if that was not enough, we caught the ferry back and zig-zagged through the city to China Town via the Museum of Sydney, Martin Place and the QVB. In all we walked 17 km or approximately 26,000 steps. Did Mrs Reidy's plan work? Well, she slep!.

### **Maths**

Over dinner we calculated! We worked out how many steps there are in 17 km, arriving at a figure of 22600 (thanks to Ebony's Fitbit) and how much money we wanted to spend on dinner. We also used maths and commerce to work out how to top up our Opal cards and how much money we needed.

### **Creative arts**

We visited the Museum of Contemporary Arts, where the highlight was Ebony's infatuation with the glass elevator. While we were at the museum (we left Ebony in the glass elevator going up and down) we saw the exhibits. We looked at the art works such as Stuart Ringholt's really fascinating *Clock* which was a group favourite. Unfortunately, they had a floor closed to change an exhibit, so we didn't see as much as Mrs Reidy wanted us to. She made up for that by making us walk back that evening via the Museum of Sydney where we saw *Edge of the Trees* by Janet Laurence and Fiona Foley, which sits in the forecourt. This looked like Indigenous burial poles, Mrs Reidy told us that it was a site specific work that comments on the erasure of the Eora culture. We also saw lots of public art in all sorts of places including on the sides of buildings, in parks, in the foyer of buildings and on the street.



### **Music**

Karyl and Ebony were singing as we walked along the beach. Mulan has never sounded as ...

### **Food tech**

We compared flavours of our ice-creams that we bought on Manly wharf. We also sampled Chinese, Italian, Mexican, and Japanese food, and breakfast served with bio-degradable wooden spoons.

## Geography

We navigated Sydney using the map in Mrs Reidy's head ... scary! However, we didn't get lost once. "We located different locations" says Karyl. We visited China Town, Manly, Circular Quay, MCA, QVB and Museum of Sydney. While doing this we had some great conversations about and with people from different cultures (a big hi to Janet Kita). We also checked out cultural festivals/traditions, through observing the big Christmas trees at both Martin Place and the QVB. The one at the QVB was absolutely stunning. We had to go all the way to the top of the building to see it properly. We used public transport from Grenfell to Central and back again, developing a marvellous capacity to use an Opal card.



## Science

We experienced the gravitational pull of swings at a children's playground at Olympic Park, where Tara really got into the swing of things and we studied the motion of the ferry through the water causing the waves to rise and the spray to catch some of us unawares. There was also investigation of the beach, with occasional jellyfish to be navigated around, and a study of the surfers being dumped in the swell.

## English

Obviously, we had drama, and we also had a lot of conversation. Topping our English list however, has to be Costa's amazing collection of new 'cow' words, such as 'cow-wazowsiki', 'cow-tastrophy' and 'cow-laboration', which have to be entered into the Oxford Dictionary as new words! He also expressed an interest in visiting our school ... can Mrs Reidy make that happen?

## History

We learnt about the history of the art works and buildings in Sydney, such as the Garden Palace which burnt down in the 1800s taking with it huge collections of Indigenous artefacts; the QVB, the history in sculptures such as the *Edge of the Trees*, and Mrs Reidy shared with us her background knowledge of Sydney.

## D&T

We observed architectural design, playground design, and the construction of water features. We also commented on the design of those horrid wooden spoons!







## 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.

---

## SCHOOL HOLIDAY JUNIOR CHESS TOURNAMENT

- WHERE:** St Barnabas Anglican Church Parish Hall  
Corner Dora and McLachlan Streets  
East Orange
- WHEN:** Thursday 25 January 2018
- TIME:** 9:45 am to 3:30pm
- ENTRY FEE:** \$10 [\$5 for additional family member]
- PRIZES:** Trophies for 1st, 2nd and 3rd in under 18 and under 12  
Coaching voucher for 1st place in u18 and u12
- REGISTER BY:** 23 January 2018 by contacting one of the following junior chess coordinators:  
1. Alexander Aich Mob. 0408 200 564  
alexander.aich@gmail.com  
2. Joe Cummins Mob. 0411 271 224  
heather.cummins@optusnet.com.au
- WHAT TO BRING:** Your own lunch and refreshments

You don't have to be good, this is a fun tournament, but **knowledge of the rules is required** and tournament conditions will be applied. The games will be timed with chess clocks. Don't worry if you have never played with clocks. You'll be told how they work.  
The results will be sent to the NSW Junior Chess League for ratings.

**Chess the clever sport!**