

# LAWSON'S LATEST

## THE HENRY LAWSON HIGH SCHOOL

17 FEBRUARY 2017 TERM 1 ISSUE 4

Welcome to week 4. It's been another fantastic week of learning at THLHS not only for students but also for staff. Plenty happening this week as the busy term continues.

On Tuesday evening, all staff participated in training on the HOW2Learn strategy. This is a major focus for our staff development in 2017. HOW2Learn is a strategy focused on building students' capacity to learn. This is achieved by explicitly teaching dispositions and habits within the existing programs and practices to develop a learning culture that enables everyone to:

- be self-aware in their learning
- use the language and dispositions of successful learners
- share a belief that intelligence is learnable and expandable.

Key principles that underpin the strategy are real life learning, success at school, literacy and numeracy, mental wellbeing, expandable intelligence and complex but vital growth culture. Many aspects of this learning can be seen throughout the classrooms.

The first round of the Year 7 and 8 spelling bee kicked off on Wednesday. This is a great activity providing an opportunity for our students to participate in a fun but highly important aspect of learning. Great to see all the students trying hard to do their best.

The boys cricket team played West Wyalong High School this week. The result did not go our way however they really enjoyed the challenge and it was great to see the enjoyment and sportsmanship our team demonstrated throughout the match.

Wednesday saw another round of *Captains Cup* for sport. The students are really enjoying the friendly inter-house competition and are playing the games in good spirit. Snake Tails was on Thursday; another great activity to learn more about reptiles and what to do when you see dangerous ones in the wild.

Hamish Starr is representing the school and Western Region at the state CHS cricket carnival this week. The school wishes Hamish the best for this week and looks forward to congratulating him on his fine efforts when he returns.



Caitlin Dixon is representing the local district in the Lions Youth of the Year competition. Youth of the Year is designed to encourage student leadership and taking an active and constructive role in the community. Caitlin was successful at the local round and is now the district representative. The competition requires participants to take part in interviews and public speaking activities. Well done Caitlin and good luck. The school community is very proud of you.



Congratulations to Sam Carpenter for his recent Jim Pratley Award. This award was a section of the Archibull prize. Sam was asked to accurately portray the working day of an agronomist. Well done Sam and good luck with your goal of a career as an agronomist.

Ethan Reid recently participated in a university experience program at the University of Newcastle. At this week's assembly Ethan gave a very entertaining presentation on the activities he was involved in as part of the experience. What a great program, and it was fantastic to see how much Ethan enjoyed his stay. Other interested students who would like to participate in a similar activity, please see Ms McCulloch.

THLHS conducts a teacher mentor program for Year 12 students. The program is commonly known as *10% on Top*. Year 12 students are paired with a teacher who meets regularly with the student to help with the rigours of Year 12 study. Thank you to Ms Mitton for her organisation of this. Deejae, I need to see you on Monday or Tuesday!

Mr McKnight is off to help with the Western Region Band in week 5. What a great opportunity for Mr McKnight to build his knowledge, refine skills and bring back new fantastic ideas which he can share with the THLHS band. Enjoy the week.

Out and about in class this week: when I dropped in on Year 9 maths the students were learning about collaboration using Microsoft 365, students were required to add their own question on the share document for the class to answer; the Stage 6 hospitality students were busy making sausage rolls, yum, hope they were allowed to eat some; Kirk was creating some fantastic sketches of Japanese cartoon characters; Year 12 maths with Mr Jones were very busy sorting out logarithmic functions. Plenty more happening in class. Stay tuned for next week.

Enjoy the week!

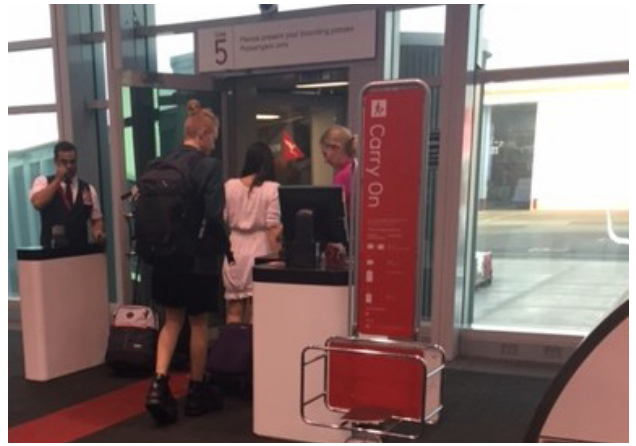
Ian Pattingale

Principal

## CHALLENGE, ENCOURAGE, ACHIEVE

## JACK IN TAIWAN

After a year of filling out forms and much preparation January 20 finally rolled around and Jack was packed and ready to go on the adventure of a lifetime. He departed from Sydney airport to Brisbane where he met up with two other exchange students headed for Taiwan. After a stopover at Beijing, he finally touched down at Taoyuan International Airport and arrived to a wonderful reception, just in time for New Year celebrations which involved lots of eating and many traditional ceremonies.



*Over the two week holiday of the New Year, Jack enjoyed many feasts and was allowed to join in traditional ceremonies.*



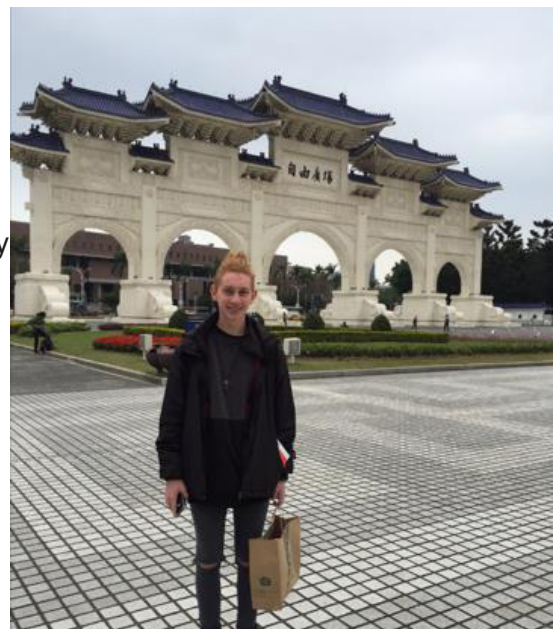
On Monday 13 February Jack started school. For the first few months he will concentrate on learning Mandarin, the language of Taiwan. There are approximately 1000 students at the school. They start at 7:30 am and finish at 4:50 pm, with eight periods; they have a home room that they do most of their subjects in and then go out for more specialised subjects like computer studies.



Jack will spend 12 months in Taiwan experiencing the culture and lifestyle. Currently he is staying with a lovely family: Victoria (mum), Andy (dad) and Great – his little brother. There is also another son Harry who is currently on exchange in America. Jack is treated as part of the family and has already been to many places with them. The family live in a high rise apartment and Jack has a room with his own bathroom. During his time in Taiwan Jack will stay with four different host families.

*Jack in his school uniform.*

Jack's wonderful adventure to Taiwan has been made possible by a group of hard working Rotarians both in Australia and Taiwan. Rotary Youth Exchange is a wonderful opportunity for any young person. You can follow Jack's adventures on his Facebook page *Jack in Taiwan*.





## Country kids head to Canberra

Last week as part of the ABC *Heywire* competition, Yongyan Xia spent the week at Canberra AIS with other winners from across Australia. Separated into groups determined by their interests and winning *Heywire* entries, Yongyan's group focussed on developing a program to end racism and thinking globally. Their idea was to try to connect schools from across the state to address these issues and narrow the gap. All the groups then had to present their ideas to other groups and departments from different areas of government to gain support for their programs and ideas.



It was not all work with no play; the winners also had the opportunity to visit attractions around Canberra including a tour of the ABC radio station, Government House, Parliament House as well as attend a gala dinner at the National Gallery with special guest speaker senator Fiona Nash. The head of ABC Michelle Guthrie also spoke and inspired all with her speech on how we, as young people, can make a change to rural and regional Australia.

It was an amazing opportunity to meet an inspiring group of young people and provide opportunities for them to consider change for our society. Yongyan would like to thank The Henry Lawson High School for its support and Cath Sullivan for her never-ending encouragement and alerting her to the opportunity to enter *Heywire*.

Applications for the 2017 *Heywire* competition close on 17 September. For more information visit <http://www.abc.net.au/heywire/competition/>





## Monday Writing Group



Is your Year 7 or 8 student interested in creative writing? Or do they just want to become a better writer?

Every Monday afternoon, during the school term, a group of motivated kids meet at the old CWA rooms near the post office to learn about writing and to create writing pieces. These may be short stories, poems, song lyrics, scripts or speeches. The aim is to try something new each term. This term we are focussing on song lyrics as our visiting author is John Schumann, ex-Redgum lead singer and composer of the classic song, *I was Only Nineteen*.

Each year we publish the pieces written by students for the Henry Lawson Festival June long weekend. The aim of the Lawson's Legacy writing group is to promote a love of language and to also foster a desire to write well.

If your student would be interested in joining the group, the costs are paid each term, usually for a 9 week period, at \$15 per session. ( $\$15 \times 9 = \$135$ ). Please give Cath a call to discuss other payment options.

Location: old CWA rooms - time: 3.30 to 5.00pm (one and half hour sessions).

Afternoon tea provided.

Cath Sullivan, coordinator of Lawson's Legacy, was an English/history teacher for twenty years and has always been passionate about creative writing.

Contact details:

Ph 02 6345 5818

Mob 0437 455 818 - Cath

craig.day@bigpond.com

This week Francesca Fenton culminated her HSC dance year with an invitation to perform at *Art After Hours* opening at the NSW Art Gallery. The cream of NSW performing arts students (2 dancers, 1 drama student and 2 musicians) enlivened the gallery with pop-up performances featuring their HSC works. The performances were organised by the Arts Unit, Department of Education and NSW Education Standards Authority (NESA).

It was a huge honour to be selected to perform in front of such an appreciative (and close) audience.



## Attention Years 7, 11 and 12: 2017 NSW School Vaccination Program

Each year NSW Health works with schools to offer vaccines recommended for adolescents by the National Health and Medical Research Council (NHMRC).

In 2017, the following vaccines will be offered to all **Year 7** students:

- Human Papillomavirus (HPV) vaccine in a 3-dose schedule at 0, 2 and 6 months
- Diphtheria-Tetanus-Pertussis (whooping cough) vaccine (dTpa) as a single dose
- Varicella vaccine (chickenpox) as a single dose

Parent Information Kits have been distributed to Year 7 students to pass on to parents/guardians. **Please sign and return consent forms to the school office as soon as possible.**

**The first scheduled vaccination will take place on the morning of Thursday 23 March.**

Dates for the remainder are yet to be advised. Note, if your student has had chicken pox, or has already received the vaccination, there is no need to have the Varicella vaccine.

In addition, this year, the NSW Government will also fund a new school-based meningococcal vaccination program for all **Year 11 & 12** students, due to take place on **Thursday 25 May**. *Parent Information Kits* will go home in April.

# Learning to be better learners ... *by Howie Lern*

This has been an increasing focus in our classrooms across the school as teachers and students explore and practise the habits of effective learners, alongside the other learning we need in each subject. Teachers from THLHS and GPS have been learning together about how the brain learns, the habits worth developing in our learners and the teaching practices that help to accelerate learning, and now we are seeing and hearing more and more about the positive impact this is having in the classroom.

Perhaps you have been hearing about some of these at home ... learning intentions, managing distractions, questioning, distilling, concept mapping. These are some of the selected learning habits and practises that are our focus this semester. Let me tell you more about one of these today ...

## 1. Managing distractions *looks and sounds like:*

Developing memory skills to manage distractions.

Managing external distractions.

Managing internal distractions.

- I moved to a single seat when I needed to focus.
- I repeated the task instructions to help remind myself of what I needed to do.
- I removed distractions from my desk so I could focus.
- I realised I couldn't manage my distractions so I took a break and returned to the task later.
- I moved to sit next to someone who helps me focus.
- I took five deep breaths to help me calm the 'chatter' in my mind.
- I appropriately asked someone to stop distracting me.
- I wrote a list of what I needed to complete to help me stay focused.
- I know the times I am most focussed.
- I continued with an activity when my teacher was busy.
- I used positive self-talk to help manage my internal distractions.



Neuroscience (and our experience as teachers and parents) tells us that emotions impact significantly on our learning. Therefore, an essential characteristic of a successful learner is being able to self-regulate, including the ability to identify and deal with those things that distract us from our learning. Students have been developing this habit across many of their classes, and it will be a skill that will need constant practice as they are continuously challenged by new learning.

Students also need to manage their distractions in the home environment when they need to focus on assignments or home-learning tasks. Some useful tips include:



task,  
homework,  
we may be  
processing



Although teenagers believe they are easily able to multi-tasking TV and checking their messages while doing their the evidence proves otherwise! Neuroscience tells us that, while able to do more than one thing at once, this does not include information or engaging in higher level thinking. The brain doesn't

multi-task ... it task-switches, taking up to 50% longer to complete a task and increasing errors up to 50%. Manage the distractions: turn them off and put them away.

Music is also often a contentious issue, with many teens claiming to be more focused when they are listening to their favourite tunes. Science does agree ... to a point. Not all music helps the brain to concentrate. A tempo of 60 beats per minute can create a calm environment and music without words is the better choice when learning.



The brain isn't designed for constant attention. Quick breaks for movement, getting a drink and focused breathing exercises help to oxygenate and hydrate the brain, waking it up to then become more focused and efficient for the next learning session.

Talk to your child about how they are learning to identify and manage their distractions in the classroom, and discuss how the learning environment at home might be managed to make the most of their learning beyond school.

### Captains Cup Competition Table Round 2

Pool 1	Ladder		For	Against	Differential
	Rank	Comp Points			
Lehane 1	5	5	18	29	-11
Lehane 2	4	6	9	27	-18
McNamara 1	1	14	27	9	18
McNamara 2	6	4	17	26	-9
McCabe 1	2	11	28	8	20
McCabe 2	3	8	17	17	0

Pool 2		Ladder		For	Against	Differential
	Rank	Comp Points				
Lehane 3	6	1	2	20	-18	
Lehane 4	5	1	3	19	-16	
McNamara 3	4	9	10	11	-1	
McNamara 4	3	10	15	5	10	
McCabe 3	2	11	13	7	6	
McCabe 4	1	16	19	2	17	

McCabe 4 Takes the lead from McCabe 3

Pool 3	Ladder				
	Rank	Comp Points	For	Against	Differential
Lehane 5	1	16	21	7	14
Lehane 6	2	14	20	12	8
McNamara 5	6	0	3	20	-17
McNamara 6	5	3	7	21	-14
McCabe 5	4	6	14	11	3
McCabe 6	3	9	17	12	5

### Total Points after round 2

House Captains Cup	Lehane	McNamara	McCabe
Points	43	40	61
Rank	2	3	1



### CANTEEN ROSTER

Week commencing 20 February

Monday	Keryl McCann
Tuesday	Sandra Hughes
Wednesday	Peita Chalker
Thursday	<b>VACANT</b>
Friday	Beth Knight

FRIDAY  
**10<sup>TH</sup>**  
MARCH 2017

LEGENDARY AUSTRALIAN  
SINGER / SONGWRITER  
IN CONCERT & CONVERSATION

AN EVENING WITH  
**JOHN SCHUMANN  
& FRIENDS**

EX REDGUM LEAD SINGER/SONGWRITER,  
I WAS ONLY 19, I'VE BEEN TO BALI TOO etc.

"John Schumann is one of the  
finest songwriters this country  
has produced. He changed the  
way our country thinks."

**7:30PM** **\$30**  
BOOK EARLY  
AT THE GRENFELL COUNTRY CLUB  
AND GRENFELL SHOES

**GRENFELL COUNTRY CLUB**  
GOOLOONG RD, GRENFELL  
NEW SOUTH WALES



## **You can now make secure online payments to the school**

It is now possible for parents to make online payments to the school for amounts owing for students, via a secure payment page hosted by Westpac. Payments can be made using either a Visa or MasterCard credit or debit card, and can be made via computer, tablet or mobile phone. The payment page is accessed from the front page of the school's website by selecting *\$ Make a payment*. Click here [www.henrylawso-h.schools.nsw.edu.au](http://www.henrylawso-h.schools.nsw.edu.au) to access the school's website.

Items that can be paid include voluntary school contributions, subject contributions, excursions, sales to students and creative and practical arts activities including band. There is also a category called *Other* to cover items not covered in the previous headings. **Other** can be used to make a complete payment of a family Statement of Account.

When you access the *\$ Make a payment* you must enter:

- the student's name, and
- class and reference number OR
- the student's name, and
- date of birth.

These details are entered each time you make a payment as student information is not held within the payment system. There is also the option to enter the Student Registration Number and Invoice number. These are not used at our school, please leave blank.

This is a secure payment system hosted by Westpac to ensure that your credit/debit card details are captured in a secure manner. These details are not passed back to the school.

You have the ability to check and change any details of the payment before the payment is processed. Receipts can be emailed and/or printed.

Details of the payments are passed daily to the school where they will be receipted against your child's account. As a receipt has been issued from the payment page a further receipt will not be issued by the school.

**PLEASE NOTE: this online payment system replaces the existing process where parents have made payments via their own bank's internet banking facility to the school. If you have been using this method to make payments to the school, please delete the school from your internet banking list of payees, to avoid accidentally making payments by this method.**

More detailed parent/carer instructions including FAQ's, are available on the school's website under the *Our school/Schooling costs* tabs.

For any enquiries regarding the online payment process please contact the school administration office.



## CAPTAIN'S CUP ROUND 2.

