



# LAWSON'S LATEST

## THE HENRY LAWSON HIGH SCHOOL

23 FEBRUARY 2017 TERM 1 ISSUE 5

Another great week of learning and sport. The school's swimming carnival was held last Friday in Young. The carnival started with our long distance swimmers travelling to Young nice and early. They attacked the water for the more difficult events before the remainder of students arrived. Although the travel period reduced the available time for events, Mr Barclay's organisation had everyone buzzing when the carnival proper did get underway. From all reports it was a fantastic day. Those who attended had a great time either swimming competitively or enjoying time with friends in a relaxing environment, also appreciating a swim in the novelty event and free dunk time. There were many records broken, some long standing; I congratulate not only our record breakers but all those students who attended and showed great encouragement and participation. Well done THLHS. Also, thank you to Mr Barclay, staff and parents who attended and made the day run smoothly. There were still a few events to be run this week to finalise the carnival and the school will have a number of students who qualify to represent us at the Western Region Carnival.

As I write this I am currently in Sydney at the 2017 Principal Induction Conference. I find these events extremely valuable and vital for the continued development and growth of our school. I am always amazed by the quality and number of fantastic resources that the Department of Education has. Go public education! I look forward to bringing back as many ideas as possible to share and develop over the coming year.

Well done to Zac Simpson and Karyl Lee Durham who have been announced as the William Rubensohn Foundation Scholarship awardees for 2017. The \$1000 scholarships are awarded to students who work hard and show resilience towards their studies. Applications are open to students from years 9 to 12. I'm sure this scholarship will offer Zac and Karyl Lee further encouragement in working towards and achieving their goals over the next few years.



After four weeks at THLHS it's time for a quick reflection. Often when you have something great you don't realise it until it's gone, or you view and experience something new. I want the community of Grenfell to recognise that you have a truly fantastic school. All schools offer something different. What I have felt and observed during my short period at THLHS so far, is a passionate, hardworking and adaptive staff and student body.

The academic and social aspects provided by the school are first class. The participation and learning culture amongst the school community is truly unique. Nevertheless, there is always work to be done as education continues to evolve. I believe, and often say to myself, that students need your support just as much today as the day they left for kindergarten. I encourage all members of the community to be involved with our school in some way.

Out and about with the principal; on Tuesday I popped into the hospitality kitchen for a quality assurance check on the mystery lunch Ms Crossley's students were preparing for the lucky staff members who booked a place at the mystery lunch table. Sadly, the principal had missed grabbing a spot. The students each prepare a different two course meal and the menu is unknown to staff until it's placed on the table. What a great experience to prepare our students for the hospitality industry. Apparently the food was mouth-watering however, this principal will dejectedly never know.

Year 10 English - I spent some time hanging with Andrew Knight who explained his excellent work on Bruce Dawe. Andrew has studied two poems *Televistas* and *Homo Suburbians*. He explained to me how the author presents his memorable ideas and human emotions in the poems. Thank you Andrew.

Year 8 science with Ms Kuhn was learning about different cells. Tom Hazell (after asking if I knew his brother at Cowra High), Brett Knight and Anna Hunt, explained to me about the three types of muscle cells – skeletal, cardiac and smooth. You learn something every day; in fact, I learnt many new things last Tuesday.

Stage 6 History was learning to relate the key information they have studied in ancient history to the artefact Ms Wilkinson had on display for the class. Year 7 maths was learning about distributive law and fractions and many in the class commented on how much they were enjoying maths. Year 8 art were busy designing their own collage.

Caitlin Dixon explained the advantages of integrated pest management to me during her agriculture lesson. Year 11 IPT were developing quizzes to demonstrate their knowledge of seven information processes whilst Year 12 IPT were developing a database. Kate Robinson was very confident that she could build a great database. Fantastic to see such enthusiasm for learning.

Enjoy the week.

Ian Pattingale

Principal



### CHALLENGE, ENCOURAGE, ACHIEVE

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On Friday 17 February, a colourful and exuberant group of students travelled to the Young Aquatic Centre to battle it out, in the pool and out, at our 2017 swimming carnival.

Congratulations to the winning house Lehane!

Congratulations to our age champions

|          |                |                  |
|----------|----------------|------------------|
| Under 13 | Niamh Mitton   | Angus Troth      |
| Under 14 | Faith White    | George Mitton    |
| Under 15 | Mea O'Byrne    | Tom Robinson     |
| Under 16 | Natalie Cotter | Lachlan Stevens  |
| Open     | Rachel Causer  | Mitchell Stevens |

Records tumbled throughout the day, some of which have stood for over 20 years.

Tom Robinson was outstanding in the pool breaking five records in both open and 15 years male events.

| Event/ Old Record Holder                 | Old record time | New record time |
|--|-----------------|-----------------|
| 50m freestyle Darren Freudenstein (1994) | 28.98           | 28.14           |
| 100m freestyle Peter Buckley (1993)      | 1.05.20         | 1.03.61         |
| Open 400m freestyle Peter Buckley (1993) | 5.24.58         | 5.10.73         |
| 50m butterfly Darren Freudenstein (1994) | 31.87           | 30.72           |
| 50m backstroke Finlay Johnson (2012)     | 35.97           | 35.04           |

George Mitton was exceptional breaking two records in the 14 years male events.

| Event/ Old Record Holder               | Old record time | New record time |
|--|-----------------|-----------------|
| 100m freestyle Angus Brown (2016)      | 1.09.55         | 1.07.80         |
| 50m breaststroke Finlay Johnson (2011) | 41.00           | 40.88           |

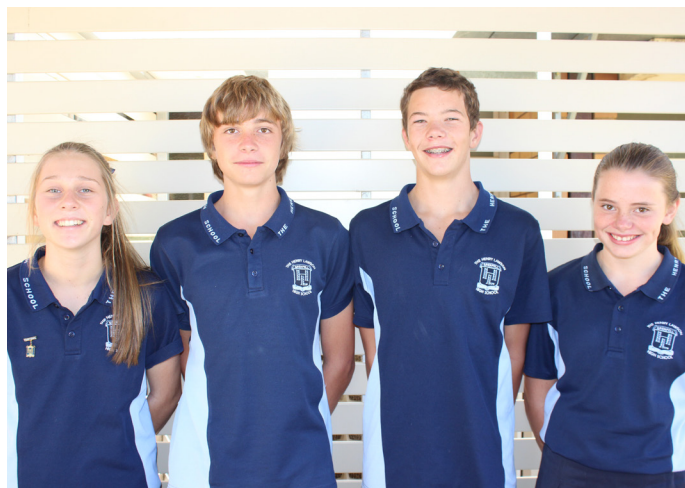
Not to be outdone by her brother, Niamh Mitton kept McNamara House cheering, breaking the 13 years female freestyle record.

| Event/ Old Record Holder            | Old record time | New record time |
|-------------------------------------|-----------------|-----------------|
| 50m freestyle Melissa Causer (2010) | 33.68           | 33.45           |

Anna Hunt broke her sister Clare's record in 2016 and added the icing to the cake by breaking the 13 years female butterfly record again 2017.

| Event/ Old Record Holder       | Old record time | New record time |
|--------------------------------|-----------------|-----------------|
| 50m butterfly Anna Hunt (2016) | 37.62           | 37.25           |

Congratutulations to Anna, Niamh, George and Tom. These swimmers, along with Natalie Cotter have qualified to swim at Western Region on 9 March. Good luck and we look forward to sharing your results.



Record breakers: Anna Hunt, Georger Mitton, Tom Robinson and Niamh Mitton.



2017 age champions









Hi, I am your local Linker and I am part of the Ability Links NSW program in Cowra.

My background is 13 years in Aged Care and during this time I have worked with many people with disabilities, their families and carers. I grew up in the Central West and have dedicated my working life to helping those in the communities surrounding me. My passion is to assist people to live fulfilled lives and achieve their dreams and goals whatever that may be.

My role as Ability Links - Linker covers Cowra and Grenfell shires and many villages and towns in between. Ability Links is for people aged between 9 - 64 living with any type of disability or medical condition that effects their everyday life. It is also for family members and carers of people with a disability. You do not have to be receiving a pension or have a diagnosis to receive assistance from Ability Links.

My job as a Linker is to help people connect more with their community, set goals and plan towards their future by assisting people with information and support.

I can assist people to participate in more social activities, find employment, become a volunteer, join a club, play sport or learn or try something new. As a Linker I can help you with information and find pathways for you to get to do the things that you might have thought about but not had the opportunity to do. I can help people to overcome barriers and be an advocate for people living with a disability.

Meetings with a Linker are very informal and relaxed and can be arranged at the office or at a place that is convenient to you. Meetings are all about you telling me what you like, what makes you happy and what it is that you would really like to do. All it takes is a phone call or email and I can arrange to meet with you.

If you would like to know more about Ability Links please call in to the office or give me a call and I will be happy to have a talk or arrange a meeting with you.

Kind regards,

Amber Meurs

T: 02 6391 2400 | M: 0428 584 307

F: 02 6391 2444 | E: [amber.meurs@cw.org.au](mailto:amber.meurs@cw.org.au)

Shop 6, 119 Kendal Street

COWRA, NSW, 2794

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## 2017 Spelling Bee – Round 2


Year 7 and 8 sat their first round of the spelling bee on Wednesday 15 February 2017. There were some eager students last round and it was evident that they were determined to achieve their best results.

From the results of the first round, the year groups have been sectioned into three. In round 2 each group will receive words that are suited to their level and to challenge them to achieve their best results. Word lists will be provided to students to take home and revise. Round 2 will be held during week 7.

This round there are only 25 words and we encourage students and parents to practise their lists at home. Ideas for practising include: the look, cover write method; word games such as boggle, homemade find-a-words, and on the spot quizzes. The spelling bee is designed to improve student spelling across the curriculum, whilst being a fun and interactive activity by which students have the opportunity to access merits and awards for their achievements.



## School Drive Subsidy




If you live a long way from public transport and need to drive a student to a public transport pick up point or to school, you may be able to get financial assistance.

The School Drive Subsidy provides eligible parents and guardians twice-yearly payments to help cover some of the expenses of getting children to school.

To find out if you're eligible, and to apply online, visit [transport.nsw.gov.au/schooldrive](http://transport.nsw.gov.au/schooldrive)

**Can't get online?**  
Ask about the School Drive Subsidy at your school, or call **131 500**.

OPS60/PVC/DU/ITD 009 11/2016


**Transport  
for NSW**

## 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.



## Street Stall

Friday 10 March

The P&C will be holding its first fundraising event for 2017 on Friday 10 March; this will also be our first fundraising event for our festival queen entrant, Vanessa Knight.

If you are able to help on the day, or you are able to provide a donation of cooking, craft, plants etc. please drop these to the school on Thursday 9 March, or bring to the stall on Friday morning. If you are able to assist on the stall for an hour or so, please contact Helen on 0428542708.

This event will see us launch sales for our commemorative community quilt raffle.

## P&C AGM

Monday 13 March

6.45pm meet and greet

7pm AGM in library

8pm ordinary March meeting

The meet and greet is to celebrate P&C day, which falls on the first Wednesday of March and is a way of saying thank you to parents and caregivers, but also a way to welcome new parents to the school who are possibly attending their first P&C meeting in an informal environment.

All positions on the executive will be declared vacant. We will be hoping to fill the following positions on the night:

President

Vice President x 2

Secretary

Treasurer

Sub-committees - canteen and uniform, fundraising.

So if you are interested, please come along and be involved in supporting our lovely, dynamic school.

## SRC NEWS

### CANTEEN ROSTER

**Week commencing 27 February**

|                  |                   |
|------------------|-------------------|
| <b>Monday</b>    | Keryl McCann      |
| <b>Tuesday</b>   | Christine Cuddihy |
| <b>Wednesday</b> | <b>VACANT</b>     |
| <b>Thursday</b>  | Jen Kelly         |
| <b>Friday</b>    | Hannah Troth      |

### Year 10 Maths

Mrs Taylor is running homework help for Year 10 maths students on Monday afternoons from 3.20-4.20pm commencing 6 March.

### Year 9 English

Year 9 English assessment task

Writing Portfolio: *Language in Context*

Due date: 8 March 2017 (please note change).

**SRC meetings** will take place on Monday 27 February period 1, Monday 13 March period 2 and Thursday 30 March period 5.

### Henry's Hand Me Down's

Donations of school uniforms requested for *Henry's Hand Me Down's*. If anyone has any items of clothing that no longer fit, *Henry's Hand Me Down's* is looking for items of clothing.

### Wanted!

A gardener to mow and weed.

Please contact Mrs Merle Hughes on 6343 1765



# Grenfell Junior Rugby Union

Welcome back to another year of Rugby.

Two major changes have been made to Southern Inland Rugby during the off season.

Our first news for the girls! We are excited to announce that this year we are looking to field teams in the newly established VIVA competition. VIVA is a seven-a-side touch Rugby game with age groups in under 10's, under 13's and under 16's. It is a fast-paced fun game for all ages and abilities. To see more, check out [viva7s.com.au](http://viva7s.com.au)

Registration fees will be \$30 per VIVA player. This small charge is to cover the cost of the new jerseys.

The second is the change from odd age groups to even age groups. Whilst we will still be fielding an under 7's side (two handed touch), in 2017 we will also look to field teams in under 8's, 10's, 12's, 14's and 16's. All age groups from under 8 and above will be tackle.

The under 7's age group games are two-hand touch which is fun and without heavy contact. In the past we have had some outstanding girls play in the Under 7's showing the boys up at times!

Under 8's progress to tackle with coaches on the field to help with rules and player conduct.

Under 10's, 12's 14's and 16's then play as normal with the ref controlling play.

Registration fees will be \$60 per player this year with new registrations FREE!

All new players will need to bring their birth certificates and Medicare card for our records. All players will receive a free pair of socks and shorts.

A family friendly option, junior Rugby enjoys the flexibility of playing two games every second Sunday, leaving parents and players free to enjoy other things on the free weekends. School holidays are also free of any Rugby commitments.

Our first registration day will be held on Wednesday 8 March at 6:00 pm at the Rugby club grounds. We will be having a game of touch with the boys and VIVA with the girls. All are invited to come down and try Rugby or VIVA with no obligation to register, followed by a free sausage sizzle.

So come and get involved in another fun year of Rugby.

For more information, please contact Liz Robinson on 0427227817.



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## Grenfell Junior Soccer

Registrations will be held Wednesday 8 March and 17 March 3.45 - 5.00pm at Grenfell Public School to access the computers for registration. Alternatively, Saturday 1 March at the Henry Lawson Oval 10 - 11.30 am.

Fees are:

\$70 for players aged 6 - 9

\$95 for players aged 10 - 17

(There will be a family discount for families with three or more children)

Training will be on Wednesday afternoons and commence 29 March.

Any enquires please email [grenfellsoccer@gmail.com](mailto:grenfellsoccer@gmail.com)

Everyone is welcome.

## 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 [www.henrylawso-h.schools.nsw.edu.au](http://www.henrylawso-h.schools.nsw.edu.au) by selecting *\$ Make a payment*.

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.



**Grenfell Junior Rugby League**  
**Training starts Tuesday 14 March 2017**  
**Lawson Oval 5:30PM**

Training starts Tuesday 14 March 2017 at Lawson Oval, 5:30pm.

To participate in training you **MUST** be registered.

### **Registration fees**

New player rego fee: FREE

**Returning player early bird fee: \$31.00 (available to 28 Feb, 2017)**

Returning player full fee: \$51.00 (fees include \$1.00 processing fee).

More information is on the club's Facebook page or go straight to the website and click on:



If you have any questions or need help with the registration process please contact Grenfell JRLFC: Isabel Holmes, [grenfelljrl@hotmail.com](mailto:grenfelljrl@hotmail.com) or M: 0400 395 318 OR register online: google Grenfell JRL, click on contact details – Grenfell JRL – sports TG that will take you straight to the page with the BIG ORANGE DOT. OR come to the oval on Tuesdays and have a chat to the coaches and committee members

***Play NRL... A different League.... Play Junior League....***