



# LAWSON'S LATEST

THE HENRY LAWSON HIGH SCHOOL

30 JUNE 2017 TERM 2 ISSUE 10

## Around the grounds ...



Congratulations to Year 11 student Jarrad Wilson who was the 2017 recipient of *The Grenfell Gunyah Craft Shop Inc. Encouragement Award*. Awarded to a student in Year 11 who displays dedication towards their senior studies, Jarrad is a worthy recipient. Keep up the good work Jarrad!



Our students do amazing things everyday at school, but they also shine in their community:

- Hugo Fenton and George Mitton recently travelled to Taree to compete in the state under 15s hockey tournament. Both Hugo and George have been playing hockey in the Parkes competition for a number of years and have been playing in representative teams for the past three years.



**CHALLENGE, ENCOURAGE, ACHIEVE**

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We have had a very busy end to the term with our drama club students performing their plays for local primary school students. I was told the visitors enjoyed it because *"the kids laughed in all the right places"*. The cast and crew then followed this up with a final performance for our school during period five today to end the term on a very happy note. Well done to all the staff that made this happen and a BIG round of applause to the students for the time and effort they have put into this project.



Good luck to Hamish Starr who is over in England playing for NSW Combined High Schools cricket team. Getting him there has required quite a deal of effort for Hamish and his family; many thanks for the support of his year group and the local community in helping to raise funds to assist Hamish in this endeavour. You can follow the team's progress on their Facebook *NSW Combined High Schools - UK Cricket Tour 2017*. Hamish was also selected in the Western Region touch football team earlier this term and competed at the state touch football competition this week. The team finished fifth overall - a terrific effort.



We had a breakfast at the new bar in the hospitality room this morning to thank Steven and Jane Ryder, Trudy O'Byrne, Gary White and Mark Amey for providing their time and donating the materials to help construct this space. Not only is it an impressive venue to sit and sip on a coffee, (prepared by our student baristas), but it also provides our hospitality students with a realistic space to learn and practise their skills.

Year 10 was out at work last week, relying heavily on local employers to find out about possible career paths and the demands of the routine of going to work each day. Students took on work experience in the health, education, retail, construction, automotive, broadcasting, real estate and agricultural industries. Ms McCulloch says the feedback from employers has been very positive; our students do as asked and quickly adapt to the work environment.



Students in Years 7 to 11 will have received their first semester progress reports. This will provide them with an ideal opportunity to reflect on their progress and achievements for the first half of the year and direct their goals for the start of term 3. Parent-teacher interviews will be held next term, but if parents would like feedback beforehand, they only need to contact the school.

And on that note, thanks to all the parents who have assisted in many ways through this semester: canteen, festival activities, a range of sporting activities, performances for eisteddfods and festivals, excursions and P&C activities. We couldn't do it without your support. Bearing this in mind, please ask your student about the invitation to Parents and Grandparents Day on Monday 24 July for a showcase assembly and mini-lessons followed by refreshments. I look forward to seeing you there.

Students return to school on Tuesday 18 July. Have a safe and relaxing break.

Brad Robinson  
Deputy Principal



*Brrr ... It's getting a bit chilly outside. I might need a jacket or a jumper.*

*Hmm ... I can't find my jacket or my jumper. I wonder where it is?*

Does that sound familiar?

We have a large and ever growing pile of school jackets and jumpers in the office, none of which are labelled. Please take a few minutes over the holidays to check your uniforms. If you are missing a jacket or jumper, please come to the office and have a look.

## Where are they now with Chris Robinson - 2006.

**Name:** Chris Robinson

**Year of graduation:** 2006

**Extracurricular activities:** It felt like almost everything - soccer, hockey, choir and band would be the ones that I remember most fondly. On reflection, I think what I got out of the above would be learning how important it is to work with people that you might not normally socialise with. I learnt just how much fun it can be to step outside of your comfort zone - try something new and build new friendships. I can't say I have carried on playing the trumpet but it was fun (maybe not for my family) when I did.

**Favourite subjects:** History and geography. I love learning about the world. Everything from what shaped the towns and cities we live in, through to what laid the path for the freedoms that we enjoy on a daily basis.

**Favourite memories:** I can't think of one in particular. I do remember sitting in the quad with my friends, talking rubbish, eating as much food from the canteen as possible, Mrs Whitechurch's chocolate cake, and afternoons of sport and band practice.



**What am I doing now?** I have recently started working for the professional service firm *PwC* as a Healthcare Management Consultant. If you are anything like my parents were when I first decided to take the job, you probably have no clue what that means. Essentially I work with a team of people from all different backgrounds including accountants, lawyers, public health experts, engineers and nurses to solve healthcare problems both across Australia and sometimes for our neighbouring countries. We do everything from working with the government to building new hospitals, developing and reviewing clinical practice, working with technology companies to produce new health technology as well as researching and developing new health policy for governments and the private sector. It has been a really exciting few months so far. I am the first clinical doctor to join the team and I have really enjoyed bringing my unique experience to the firm.

**How did I get here?** After jumping degrees a few times I landed on medicine at the University of Newcastle. I loved everything about the degree. I loved the science, the interesting people, the stories we would hear and probably most of all the adrenaline. On graduation I completed my internship and residency at Royal North Shore Hospital. I then continued on at RNSH where I began my specialty training in intensive care. After a further twelve months of night shifts the siren call of corporate life pulled me away.

**Career highlights:** There have been too many to mention, everything from the buzz after successfully resuscitating a patient through to beer at breakfast after a week of 12.5 hour night shifts.

**Advice for the young:** Don't grow up too fast, enjoy school and listen to the advice of those who have gone before you, including your teachers. Accept that you don't know everything and relish in the pursuit of new and exciting experiences. Take opportunities, step outside of your comfort zone and most of all look after yourself and define your own success.

**Hindsight is magic:** Don't stress about what comes after high school. Put your nose down and do your best to get through the HSC. It doesn't really matter if you don't get into the first course you wanted to study or the job you wanted and even more importantly it does not matter if you don't know what it is you want to do. Things take time and life has a habit of taking you on a journey that you never would have expected.



### 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 open in July.

### Well-being Corner

**"Tomorrow hopes we have learned something from yesterday." John Wayne**

Each new day gives us a chance to correct a mistake, right a wrong, solve a problem or mend a relationship. What did you learn today that you didn't know yesterday? What can you do today to have a better tomorrow?

### TODAY

**I'll remember what yesterday taught me and I'll use that knowledge today.**



## More news from work experience week ...

Connor Day participated in work experience at the ABC Central West office in Orange. Open Producer, Mr Luke Wong reported that *"the station team enjoyed his company and contribution to the office. With further training and guidance he could become a great storyteller."*

Connor was involved with various areas of broadcasting over the week including recording a voiceover for an audio story at the ABC Central West radio studio, sitting in with ABC Central West radio presenter Melanie Pearce and interviewing Rotary District 9700 Governor Michael Milston in Orange.



**Aurora College enrollments now open.**

Aurora College is the NSW Department of Education's virtual selective high school. Established in 2015, Aurora is providing innovative, flexible learning in a whole new context, by allowing students to connect locally and to learn globally.

Aurora offers selective classes in English, mathematics and science to gifted and talented Year 7-10 students from rural and remote areas across NSW. Students are chosen in the same way as students in all other selective classes in NSW government schools.

Applications for entry into Years 8 to 10 (2018) at Aurora College open 23 June 2017 and close on 25 July 2017.


For information on how to enrol, please visit <http://www.aurora.nsw.edu.au/learn/enroll/>.

## The Archibull needs your help!

The Henry Lawson High School art, agriculture and photography students are on a learning journey together, but without you this journey will be incomplete. We would love to hear from members of our community; tell us your ideas on sustainable living and contemporary farming practices. We invite farmers in our community to describe how technology is being used on your farm to improve yields or to discuss the practices of their fathers and grandfathers. We also invite members of the community to express their ideas on the issues raised on our blog, including climate change and recycling.

Thanks in advance for your support.






**PARENTS & CITIZENS  
ASSOCIATION**

### Working together for our children's future

Meeting the second Monday of each month



**For those parents who have wanted to get involved in your child's school, here is a great opportunity.**

Our next street stall is on Friday 18 August and we would be very grateful for any and all assistance. We will be calling out to our wonderful school community of bakers for donations of baked goods such as handicrafts, cakes, biscuits, slices or scones. If you would like to contribute an hour or two of your time, we will also be looking for volunteers to man our stall on the day. It's a wonderful opportunity to make new friends and get to know other parents. Our principal Mr Ian Pattingale came and gave us a helping hand last time. If you would like to be a part of our street stall you can contact Carly 0263431248 or Rae 0423519039. We would love to hear from you!



### Next Meeting

Our next meeting will be Monday 14 August at 7 pm in THLHS library. If you have never been to a P&C meeting, we welcome and encourage your attendance. We invite you to join us as we support our students and school community. Our friendly group of parents and carers enjoy working together for our children's future today.



## GRENFELL CINEMA

Residents are hereby advised that the next films at the Grenfell Cinema will be shown as below:

*Sing* – Rated G - Wednesday 5 July 2017 – 2.00 pm

*The Lego Batman Movie* – Rated PG – Wednesday 12 July 2017 – 2.00 pm

Tickets are available from Louisa's Locker with prices detailed below.

\$20 family

\$8 single

\$5 pensioner

\$5 child (12 yrs.)

As there are limited tickets available residents are encouraged to book early.



## RSVP

**The Henry Lawson  
High School**

would like to invite you to  
**Parent and Grandparent  
Day!**

**When: 24 July 2017**

**12.35 pm: showcase in the  
hall**

**1.05 pm: open school**

**(an invitation to attend classes)**

**1.35 pm: light refreshments  
served**

**RSVP: 19 July 2017**

**Student name:**

**Number of relatives  
attending:**

**Please return to front office.**

**If you have allergies or other dietary  
requirements please notify the  
school office.**

  
**ST JOSEPH'S SCHOOL P&F PRESENTS**  
**WINTER BALL**  
**SATURDAY 19TH AUGUST**  
**GRENFELL SHOWGROUND**  
**6:30PM**  
**NO BYOG | LIVE MUSIC BY WOBBLY BOOT | BLACK TIE**  
**\$60 PER PERSON**  
 (or \$550 per table of 10 if paid in full at time of booking)  
 Includes canapes by Tania Mooney Catering  
 Tickets available at GGM Lawyers or  
 Email: [vanessa.gibson@ggmlawyers.com.au](mailto:vanessa.gibson@ggmlawyers.com.au)  
**NO TICKETS AVAILABLE AT THE DOOR**  
 Major lucky door prize and huge raffle on the night,  
 with over 20 prizes on offer.  
**PROCEEDS WILL CONTRIBUTE TO THE CONSTRUCTION  
 OF A NEW WATERING SYSTEM ON THE SCHOOL OVAL.**  
**MAJOR SPONSORS**  


# Grenfell's Bringing Healthy Back!

Arts OutWest and Grenfell Men's Shed  
invite you to join

## Songwriting for Wellbeing

A songwriting project for **men** of all ages in the Grenfell area  
With Abby Smith of Smith & Jones,  
Arts OutWest and health professionals

### Dates:

Thursday 20 July	introduction and initial songwriting
Thursday 27 July	completing songs
Thursday 3 August	completing songs and fine tuning for performance
Thursday 10 August	preparing for performance
date TBC	performance

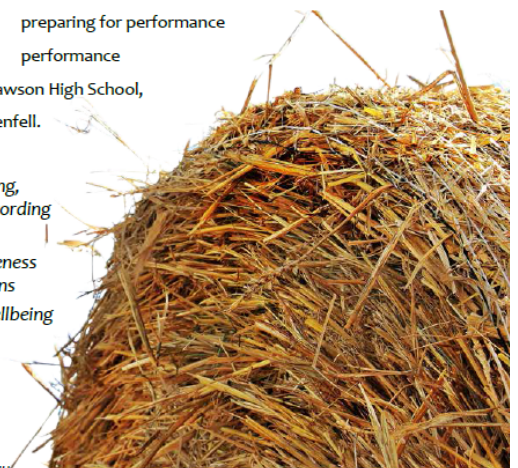
Venue: The Henry Lawson High School,  
49 South Street, Grenfell.

Contribute to writing,  
performing and recording  
new songs

Increase connectiveness  
between generations  
Improve mental wellbeing

### FREE

RSVP by 13 July  
to Arts OutWest  
6338 4657  
[artsoutwest@csu.edu.au](mailto:artsoutwest@csu.edu.au)








A project of Arts OutWest supported by House With No Steps, through Mental Health Drug and Alcohol Services  
Arts OutWest is supported by the NSW Government through Create NSW, by our 11 contributing local councils and Charles Sturt University.



Grenfell Bring Healthy Back  
in Partnership with RAMHP  
will be holding **FREE** training  
In Mental Wellbeing Week

## Mental Health First Aid

"Mental Health First Aid is learning how to support others in a  
mental health crisis until you can connect them to appropriate  
professional help or when the crisis subsides"

*Wednesday 19th and Thursday 20th July  
9am-4.30pm (lunch included)*

**The Hub Grenfell Presented by Di Gill RAMHP**

Please register by Friday 14th July to reserve a place with Grenfell Community  
Health phone 63491777 or email [camille.baldwin@health.nsw.gov.au](mailto:camille.baldwin@health.nsw.gov.au)









Dear Parents/Carers,

Our school has registered to participate in the **2017 NSW Premier's Sporting Challenge Secondary School Sport Challenge**.

The purpose of the Challenge is to encourage students to participate in sport, games and physical activity and to have *more students, more active, more often!*

Over the ten week period of **Term 3** (17/07/2017 – 22/09/2017), our **Junior Students (Years 7-10)** will be monitoring physical activity we do during class time, at recess and lunch as well as during sport. What we do outside school hours will also count towards the Challenge award. Our aim is for all of us to average at least 60 minutes a day, every day for ten weeks.

We would especially like to invite all our families to support us in encouraging students' healthy use of leisure time and to experience the joy of being active together.

Students are encouraged to **download the free PSC app for smart phones**, to aide in recording and monitoring their physical activity levels OR Students will be issued with a Challenge log book to record their daily physical activity.

Students completing the Challenge will receive a personalised certificate (Diamond, Gold, Silver or Bronze - based on the class/team average), signed by the Premier of New South Wales.

Physical activity is valued for its physical, social and emotional benefits. It also helps young people to develop communication skills, confidence and resilience while having fun with family and friends.

If you would like to discuss any aspect of the Challenge or make suggestions, please contact Mr Barclay who will be pleased to talk further with you. For more information on the *NSW Premier's Sporting Challenge* please visit <https://online.det.nsw.edu.au/psc>

Our students are really looking forward to participating in the *NSW Premier's Secondary School Sport Challenge* and having fun along the way!

Yours sincerely,



Mr Barclay  
PDHPE Teacher  
Sports Coordinator



Mr Pattingale  
Principal

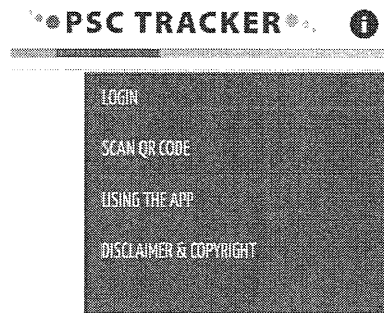


# Using the PSC app – getting started

## Information for the PSC app user.

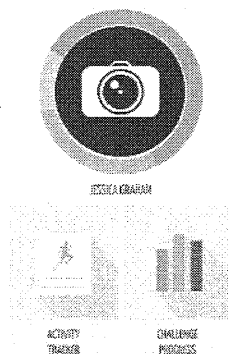
Open either Google Play (for androids) or the App Store (for iPhones). Search for **PSC Tracker**.

Open the PSC Tracker app and enter your team code and PIN, then enter. Alternatively, select the information icon, select Scan QR Code, then scan the Login QRcode from the printout.



On the home screen you can

1. click on the camera graphic to upload a photo
2. click on the activity tracker to enter details of your activities
3. click on challenge progress to see the award level you are tracking towards.



Information entered into the PSC app will automatically synchronise with the online PSC Tracker.

## Options and trouble shooting

The app allows you to update or delete your entered activities. You can add activities as time based or number of steps taken, if using a pedometer. You can also opt to cease your ten week challenge and re-start it.

Most of the available options are clear. However a more detailed guide on using the PSC Tracker app is available on the PSC website. This is currently not an accessible guide.

For additional assistance please contact the PSC team on telephone 9266 8404 or email [psc@det.nsw.edu.au](mailto:psc@det.nsw.edu.au).

# THLHS 2017 Calendar TERM 3

1	17/7/2017 Day 1 SDD	18/7/2017 Day 2	19/7/2017 Day 3	20/7/2017 Day 4	21/7/2017 Day 5 Year 9/10 debating
2	24/7/2017 Day 6 Parent and Grandparents Day	25/7/2017 Day 7 NAIDOC Day	26/7/2017 Day 8 Year 10 information session parents and students library 7pm	27/7/2017 Day 9 Year 11/12 excursion to Canberra "1984"	28/7/2017 Day 10 Western Region athletics
3	31/07/2017 Day 1	1/8/2017 Day 2 SDD evening	2/8/2017 Day 3	3/8/2017 Day 4 Year 10 information afternoon	4/8/2017 Day 5 Gold merit snow trip
4	7/8/2017 Day 6 Year 10 subject selection interviews (all week)	8/8/2017 Day 7	9/8/2017 Day 8	10/8/2017 Day 9	11/8/2017 Day 10
5	14/8/2017 Day 1 Sc & Eng Challenge	15/8/2017 Day 2 Sc & Eng Challenge	16/8/2017 Day 3	17/8/2017 Day 4	18/8/2017 Day 5 SRC & captain nominations
6	21/8/2017 Day 6 Parent/teachers interviews	22/8/2017 Day 7 SRC & captain elections	23/8/2017 Day 8	24/8/2017 Day 9 School photos	25/8/2017 Day 10
7	28/8/2017 Day 1 HSC art due	29/8/2017 Day 2	30/8/2017 Day 3 Captains induction day	31/08/2017 Day 4 HSC trial & prelim Exams	1/9/2017 Day 5 HSC trial & prelim exams Grenfell Show
8	4/9/2017 Day 6 HSC trial & prelim exams	5/9/2017 Day 7 HSC trial & prelim exams	6/9/2017 Day 8 HSC trial & prelim exams Year 8 subject selection evening	7/9/2017 Day 9 Year 9 peer mentor training Year 10 Lovebites	8/9/2017 Day 10
9	11/9/2017 Day 1 Vet work placement	12/9/2017 Day 2 Vet work placement	13/9/2017 Day 3 Vet work placement	14/9/2017 Day 4 Vet work placement Year 9 Weddin Mountain Challenge and girls day	15/9/2017 Day 5 Vet work placement Year 9 Weddin Mountain Challenge
10	18/9/2017 Day 6 Vet work placement	19/9/2017 Day 7 Vet work placement Year 12 social	20/9/2017 Day 8 Vet work placement Year 12 assembly and fun afternoon	21/9/2017 Day 9 Vet work placement Year 12 formal assembly	22/9/2017 Day 10 Vet work placement Year 12 farewell dinner