

LAWSON'S LATEST

THE HENRY LAWSON HIGH SCHOOL

16 FEBRUARY 2018 TERM 1 ISSUE 3

Principal's Report

A wonderful week of learning here at THLHS.

Cricket

Well done to our junior boys cricket team who defeated Young High in a close match last Friday. The match was a great tussle and went down to the last half hour when the THLHS boys finally got the upper hand on Young to close out the match. Great contributions with the bat were made by Matt and Bailey whilst Harrison showed good control to tie down one end of the wicket putting pressure on the opponents. The match was enthralling. It really was a pity that I couldn't stay and watch the entire game. Again well done!

Our next champion

The first round of the spelling bee buzzed into life this week; who will be the grand champion? I say all students that participate and do their best are the true winners. Good luck Years 7 and 8.

Swimming carnival

Good luck to all the participants in today's swimming carnival. The carnival is a wonderful day for students to enjoy each other's company, build house spirit and be involved. We look forward to sending a strong team to the regional carnival in a few weeks.

What are we learning?

During Learning Across the School (LATS) students are learning skills to become self-regulated learners. One activity the students do at the end of each day is to write down the key learning points from each lesson. The activity is designed to develop the student's ability to analyse their own learning. Additionally, it is the starting point of studying and helps students to learn and retain information. Students need to be able to extract the core ideas and concepts from each lesson and be able to articulate these to others. For many students this is a difficult challenge. When I visit the LATS classes I ask the students to tell me what they learnt today? If they are not able to tell me the key points from each lesson I encourage them to ask other students in the class (this is the practice of social learning). Further, I explain that when they leave class they should already be thinking 'what did I learn?' and if they cannot answer this question they need to question the class teacher (this is the practice of questioning). Parents need to be involved in this process. When your child comes home or during the

evening ask them what they learnt today? You are not expected to know the answers and most of us will learn a thing or two. Your role is to listen and encourage them to discuss the key points of each lesson.

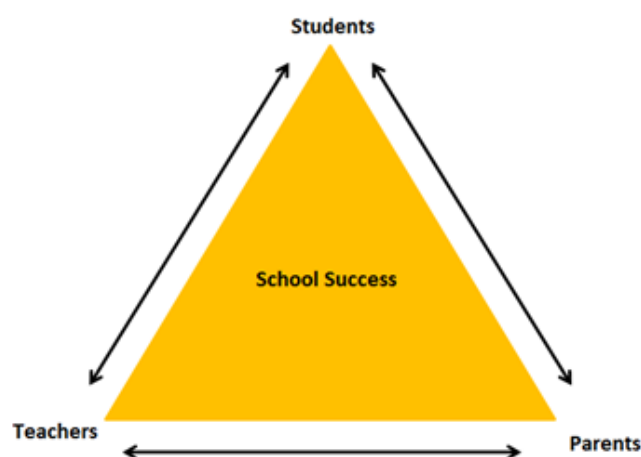
As the student becomes more confident, encourage them to be more detailed. This takes five minutes and is as equally important for a student in kindergarten as it is for one in Year 12. It is one of the small steps needed to encourage our student to develop a culture that values learning. And yes, I know your child is going to look at you like you're mad for the first few weeks but no change in culture is easy. Remember the school motto challenge, encourage, achieve, and the golden triangle!

Next week

Teachers are learners too - staff will hold a professional development evening on Tuesday after school. The evening will cover a range of areas including literacy, numeracy and school planning milestones for 2018. We are committed to providing the best learning experience for all students.

Captains Cup – Captains Cup begins next week. This is a great activity run by students for students. I look forward to the fierce competition and the smiles this activity generates over the coming term.

Have a great week – Ian Pattingale.



CHALLENGE, ENCOURAGE, ACHIEVE

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Where are they now with Paul Vella - 2008

Hello there! My name is Paul Vella; I went to The Henry Lawson High School from 2005 to 2008, finishing in Year 10. During school I played touch footy, Rugby league and Rugby union. I also played for a few years for the local town teams. My favourite subjects at school were probably history and PE, and I still love to watch history documentaries.

When I left school I worked at various jobs around Grenfell and Cowra, including metal fabricator, sheet metal worker, apiarist and mulesing/sheep work. I moved to Canberra in 2012 and started an electrical apprenticeship, but I never really liked Canberra so moved to Wollongong where I have an aunt. I had decided it was time to find a more fulfilling job and after speaking with local 'Grenfellian' Chris Leibick about a career in the Royal Australian Navy, I thought it was something I could do.

I applied online straight away and started running and practising push-ups and sit-ups so I could pass my PFT (pulmonary function test). Once accepted, I packed my bags and headed off to Crib Point, Victoria and HMAS Cerberus, where I spent three months at basic training. This involved gun training, marching and basic seamanship activities. After completing this, I went on to my initial technical training as a marine technician. While training there I gained my Certificate II in Engineering. After 18 months I was posted to HMAS Kuttabul where I assisted the fleet with repairs and whatever else was needed. I completed my Marine Systems Technician course in Perth and spent time at sea on the mighty warship HMAS Warramunga, which I absolutely loved. There's no better experience than watching a five inch gun fire off the front of a 170m warship. I am now attending Meadowbank TAFE to complete my Certificate III in Welding and Fabrication before I take up a post on HMAS Parramatta in May this year.

Advice I would like to give to current students is to pay attention in school and stay young for as long as you can because being an adult and paying bills really sucks (ha ha). When you leave school, find something you love doing, don't just stick with a job you don't enjoy and get stuck in a cycle of just waking up and going to work because you have to; find something that makes you want to wake up because you look forward to getting there. A lot of people around town know me and how I used to be, but the navy taught me to be a better person; it gave me discipline and a feeling of self-belief. I still have another four years to go with the navy and I'm looking forward to every minute of it!



The response we have had from the Grenfell community regarding our *Where are they now?* column has been extremely positive but we need your help to keep the column going. If you would like to contribute or know of a past student who would be interested in contributing, please contact Liz Robinson on 6343 1390 or email elizabeth.h.robinson@det.nsw.edu.au

Well-being Corner

If a window of opportunity appears, don't pull down the shade. Tom Peters

An 'opportunity' might be anything at all: a chance to listen to someone, go on an excursion, sign up for a job or a group or team like we did on the expo afternoon, give a short speech on assembly ... It's easier to say no thanks, or maybe another time, especially if you're not sure you'll enjoy what's being offered, or there's no guarantee you'll succeed. Try putting your doubts aside and have a go – you just don't know where an opportunity will lead you.

Calculators in Mathematics Classes

Parents are asked to please ensure that their student has a calculator and that they bring it to all mathematics classes. When students do not have calculators, development of other skills, beyond simple calculations is limited, spending extra time on simple calculations and not focusing on the new skills being taught.

Calculators are available for purchase at the school office at a cost of \$22.00 and are considerably cheaper than those purchased elsewhere. Students also benefit from having the same calculator as their classmates, making social learning easier.

Thank you

Andrew Jones

Head Teacher (Mathematics)

Would you like to have *Lawson's Latest* emailed to you?

Please contact the office with your email address or email the school at henrylawso-h.school@det.nsw.edu.au to be added to our mailing list.

Have you downloaded our school app? Search ***The Henry Lawson High School*** on the iTunes or Google Play stores and download - it's free!



Anglican Debutante Ball 2018

The 2018 Anglican Debutante Ball will be held on Saturday 19 May. The organising committee would now like to call for the names of those girls in Year 11 who are interested in making their debut this year. Could you please give your name and your partner's name (if possible) to Joan Eppelstun on 6343 1033 before Friday 2 March. Thank you.

Vaccinations

Attention Years 7, 10 and 11: 2018 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 2018, the following vaccines will be offered to all Year 7 students:

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

For Year 7, the first scheduled vaccination will take place on the morning of Thursday 15 March, the second on the morning of Thursday 20 September.

In addition, this year, the NSW Government will also fund a school-based meningococcal vaccination program for all **Year 10 and 11** students, due to take place on **Thursday 10 May**.

Please mark these dates on your calendar.

Year 7 parent information kits have been distributed. Please read, sign and return consent forms to the school office as soon as possible.



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>

Swimming Club News

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

The weather was hot but perfect for swimming. The weekend was a great success in and out of the pool. This would not have been possible without our numerous volunteers who worked tirelessly prior to and over the weekend to help welcome our visitors and assist in a very smooth running weekend.

A massive thank you to all the volunteers from the ones cooking or selling on the BBQ, to the grandparents who pitched in, to the locals who helped mothers with their babies, to the timekeepers, the tent erectors and dismantlers, the caterers, the canteen team, the staff at the pool, the communications station, the baristas, the organisers and everyone in between – thank you for helping out this weekend and putting Grenfell on the map as a friendly competitive swimming venue - up there with the best. There is no doubt the Mountains and Plains organisers were very impressed with how professional, friendly and polite we all were throughout the weekend. Further results during the week but to start, our amazing swimmers include: Genevieve McLelland - 9 years girls age champion, Tom Robinson - 15 years boys champion, Isabelle Holz - 17 years girls champion, Frazer Ryder- 17 years boys champion; and on top of that there were some amazing personal bests (PB's) – well done Grenfell!

No rest for the wicked ... this weekend is the annual **Business House Relays – Saturday 17 February – 4.30pm sharp** with official opening of the Grenfell Aquatic Centre at **5.30pm – Free gate entry.**

Important dates

Saturday 17 February – Business House Relays – starts 4.30 pm sharp with official opening of Grenfell Aquatic Centre at 5.30 pm – free gate entry.

Monday 19 February – next meeting – 8 pm – swimming club rooms – all welcome!

Important information

Business House Relays - Saturday 17 February – Ring Leann on 0408 431 022 or Grenfell Aquatic Centre 0490 830 563 with your nominated times as soon as possible. Will it be past winners Weddin Shire Council, DA Yates or Peter Mellon Motors winning the glory for 2018 or will it be Gordon Garling Moffitt? Their 3 teams are sure to be good contenders. Or maybe someone new - Grenfell Post Office or Grenfell Bowling Club Bistro. Come down to the pool and cheer on the businesses competing for glory. Good luck to all.

Official news

Perpetual trophies – please return perpetual trophies to Leann at the Aquatic Centre as soon as possible.

Weekly news

Stroke correction classes - Saturdays 10 am – 11.45 am, \$5 per swimmer.

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

Raffles - congratulations to Leann Logan who was the winner of the money tree raffle, drawn on Sunday, kindly put together by Nicola Mitton. Donated raffles are greatly appreciated and may be left with Leann at the Grenfell Aquatic Centre.

Timekeeping/raffle roster: Friday 16 February (next Friday!) HEATHCOTE, GRIFFIN, HUNTER, HUGHES (Megan), BATEMAN, WOOD, GIBSON.

Please note: if you cannot perform your duty on the allocated night it is your responsibility to find a replacement. There will be six timekeepers and one person in charge of selling raffle tickets.

Cargo to Grenfell Fundraiser

C2G is a three day charity walk 96km from Cargo to Grenfell with the goal of raising funds and awareness for Beyondblue.

The 96km route will be held from 8 -10 March 2018. Day one - Cargo to Canowindra, Day 2 - Canowindra to Gooloogong, Day 3 - Gooloogong to Grenfell, with the objective of raising \$10 000 for Beyondblue and highlight mental health issues in rural and remote communities. In March 2017, Toby Barons, founder of C2G, myself and seven of our friends and family members set off on the first C2G 96km walk. We were all quite oblivious to what we were getting ourselves into - we would all call ourselves reasonably fit; it's safe to say this was a huge mental and physical challenge for everyone. After finishing the 23km leg on day one, the thought of the final 45km leg on day three was daunting. We all made it and whilst sitting in buckets of ice complaining in pain afterwards, everyone agreed that it was the experience of a lifetime and one of the best things they'd ever done.

After a lot of work we are now looking for participants, volunteers, sponsors and most importantly DONATIONS! Any one over the age of 18 is eligible to participate, however we do recommend only participating if you have a moderate fitness level as the walk is physically challenging. Anyone interested in becoming involved in C2G can visit our website: www.c2gwalk.com, Facebook page: Cargo to Grenfell fundraiser walk or email c2gwalk@gmail.com

The most important part of C2G is giving back to a deserving organisation, therefore donations are crucial. All donations sent through to our online donating platforms go straight to Beyondblue. To donate any amount, great or small, please visit give.everydayhero.com/au/c2gwalk or www.gofundme.com/c2gwalk. We also have links to these sites on our Facebook page and website.



Thank you for your support.

Sarah Knowles

Learning beyond lessons

Year 7 literacy in the morning ...

Year 7 have been spending time in the mornings completing literacy activities with the help of Year 12 students. They have been learning new spelling rules to support their upcoming spelling bee competition, as well as their learning within the classroom. They will continue to focus on literacy for the rest of the term, moving onto numeracy in term 2.



Year 12 LATS in the afternoon...

When lessons are finished for the day, students across the school spend 25 minutes with a teacher for additional support and skills development. The Year 12 girls have been focusing on managing their home learning space, resources and time:

Zoe says she has learned “how to effectively manage my time”, while Bianca has concentrated on her “organisation of school work”. Abbey is practising to “manage my workload and prioritise other commitments”, and Isabelle has picked up some “new strategies to prioritise my homework and home learning” so that she has “more motivation to keep an organised study routine and stay on top of my work”. Paige is also feeling motivated to “use my time efficiently ... allowing me to get the most out of studying” and Ziyin has been using her time to “create goals that I am able to achieve and motivate my future studies”. Tarlia has recognised “the need to have effective organisation in your past and current school work, to ensure time is not wasted in searching for materials”. Sarah has appreciated the affirmation that she has already been using effective study techniques, but says that LATS “has also provided many new ways I could more effectively manage my time, space and priorities to make my home learning more efficient”. Jessica summed up her LATS experience thus far with “it has involved valuable conversations with many different skills learned that will help in our management of our HSC and our time”.





Saturday 3 March

4pm

RB Bembrick Oval, Grenfell

Grenfell Junior Rugby Union in partnership with
Southern Inland & Brumbies Rugby Union
would like to invite families to a fun afternoon of Rugby



Zac Elliott, Development Officer Southern Inland Rugby Union will be attending with lots of fun skills for the children to get involved with.

Afterwards everyone is invited to join in a game of rugby 7's – yes that means Mums and Dads too!

When everyone is "Rugby'd out", there will be a FREE BBQ for players.

Everyone is welcome, new and current players and families.

Registrations will be taken on the day for the 2018 Junior Rugby season. We will be looking to field teams in the following divisions:

- U7s (non-tackle), U8s, U10s, U14s, U14s and U16s.
- Girls VIVA 7s – U10s, U14s and U16s.

For more information please contact:

Scott Metcalfe 0427 002 138

Sam Allen 0422 163 927

GRENFELL JUNIOR RUGBY LEAGUE 2018 REGISTRATIONS

Grenfell JRL is inviting all returning and new players to register for the 2018 season.

We are a progressive junior footy club incorporating Rugby league and league tag for the girls.

We pride ourselves in being a supportive and social club for families and offer a free family BBQ each home game with our major sponsors the Grenfell Country Club.

Registration is FREE for all NEW players registering for the 2018 season.

RETURNING PLAYER FEE: \$100.00 per player.

THE ACTIVE KIDS VOUCHER MAY BE REDEEMED AT THE TIME OF REGISTRATION TO ASSIST FAMILIES WITH THE COST.

Registration includes:

- shorts and socks
- team playing jumper awarded to players at presentation day
- trophies
- team photos.

Details on how to register can be found on Grenfell JRL Facebook page or Phone Brenda (Registrar) on 0423273371.