



LAWSON'S LATEST

THE HENRY LAWSON HIGH SCHOOL

23 FEBRUARY 2018 TERM 1 ISSUE 4

McNamara drought broken!

Congratulations to McNamara House who have taken out the 2018 swimming club championship with a whopping 831 points followed by Lehane on 770, with McCabe on 468.

McNamara showed their dominance this year with half of the age champions coming from McNamara.

Congratulations to all age champions.

13 years - Taylor Keppie and Riley Aspin

14 years - Anna Hunt and Ky O'Byrne

15 years - Maya Squires and George Mitton

16 years - Chrystal Hucker and Tom Robinson

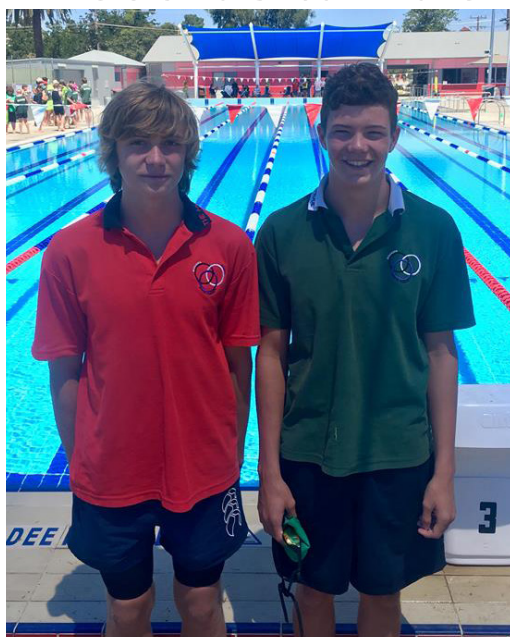
Open - Natalie Cotter and Frazer Ryder

Well done to you all on some great swimming!

The athletics carnival will be held on the last day of this term. Let's see if Lehane or McCabe can topple McNamara.



Records tumble at the 2018 swimming carnival!



Congratulations to Tom Robinson and George Mitton who have excelled at the swimming carnival.

Tom owned the pool, breaking records in the 16 years male 50m freestyle (26.37 secs), 50m butterfly (28.91 secs), 50m backstroke (34.15 secs), 50m breaststroke (37.05 secs), 100m freestyle (1.00.84), 200m freestyle (2.23.19) and open 200m IM (2.42.09). Tom was only .2 of a second outside his own open 400m freestyle record set in 2017.

George broke the 15 years male 50m freestyle (28.11 secs) and the 50m breaststroke (36.55) records.

Previous record holders included Gerard Carroll, Adam Carr, Darren Freudenstein and Peter Buckley, so it was exciting to see some of those long-standing records fall.

CHALLENGE, ENCOURAGE, ACHIEVE

Where are they now? Amanda Livingstone - 2009

I graduated from THLHS after enjoying multiple years submerged in what I describe as a supportive, thriving and opportunity filled school environment. I was lucky enough to go through high school surrounded by some of my closest friends and supported by a variety of great teachers and role models.

Now, on the other side of the staff room door, I continuously reflect on the student that I was at school and how my actions got me to where I am today; how my actions and choices now allow me to make a difference in young people's lives each and every day.

In 2009, after sitting my HSC exams (which I did not invest enough time in) I was off. I made one of the best decisions to take a gap year in Canada. A great decision, however, one of the biggest challenges in my life. From getting on the airplane knowing absolutely no one, arriving in a country that I had never explored, meeting a strange family, getting in a small boat to head to an island in the middle of nowhere, sleeping in a wooden cabin in freezing cold conditions, knowing bears were on the island, not sure who to ask for help, becoming physically ill for multiple months, and experiencing a foreign hospital 21 times. What reads as a disaster, or the trip from hell, was actually one of the most rewarding experiences that has shaped who I am today. During my time involved in the summer camp I got to look after and support not only privileged kids from wealthy families, but also those from low socio-economic backgrounds, from foster care and abusive families. This was a very rewarding and heart touching experience, an experience which made me realise my passion for working with and caring for children. My gap year adventure developed my confidence, communication skills, leadership capacity, the ability to be empathetic and to take each day step-by-step when things get tough; all skills which are paramount to young people as they grow and develop into young adults.

In 2011 I started at Charles Sturt University Bathurst. Like many students having to make decisions, I did not know what I wanted to do. All I knew was that I had an interest in sport, fitness and health. Upon application, I was accepted into a Bachelor of Exercise and Sports Science. After three years of experiencing university life I had graduated and was headed for my next destination, Wollongong. It was here that I completed a Graduate Diploma in Physical Education at UOW as part of the Masters program, and within 12 months I was a fully qualified young PDHPE teacher.

Post university life I was involved with RBCC in Forbes and worked as a casual teacher at Young High School. Not long after beginning work in a casual capacity, I was unexpectedly offered a permanent PDHPE position as part of the Targeted Graduate Program. For me, my next location would be Orange, NSW.

In addition to my role as a physical education teacher at Orange High School, I am also a Residential Advisor at Kinross Wolaroi. This job allows me to care for, to support and to help young people develop and learn the skills needed to be successful. I support and work with young girls aged 13 -18 years as they experience the educational pathway away from their families and local communities.

In addition to my work life, I have mastered the 'work life balance'. I have explored multiple countries alongside some of my closest friends and my sister, met new people, created new relationships, and found a new and loved passion as a triathlete. Life is about balance, about looking after yourself, supporting others and being the best holistic person you can be.

Words of advice for students as they transition from school life into the real world:

1. Say yes more. Take on as many opportunities at school and in your community as you can in order to not only build your knowledge base, but most importantly to develop the skills that make up a holistic and employable person.
2. Just do it!. Explore the world, take positive risks and challenge yourself to become a better person, a person who will look back and be proud of what you have attempted and/or accomplished.
3. Value your health and don't take it for granted. Look after yourself mentally and physically and support your peers when in need.
4. Most importantly, respect your teachers; who knows, you may end up one yourself.



Principal Report

Swimming success

Another great school swimming carnival was held on a fantastic warm day last Friday. Thank you, staff, students and parents for making the day such a success. The participation and school spirit displayed by the students demonstrates why our school is a great place for students to be. There were plenty of records broken and many students have made it through to the Western swimming carnival which will be held in a few weeks' time. Well done to the students who made it to Western and to all the students that swam in events. A big thank you to Mr Barclay, Mrs Mitton and Ms Bell, for organising the carnival and student entries.

Teachers learn more about you

Developing new skills and adapting to new learning styles to improve student learning outcomes is always a priority for staff. On Tuesday evening the staff stayed behind to learn more about our students' abilities in literacy and numeracy and to analysis the 2017 HSC. For the later part of the evening and staff worked in teams to develop plans to improve student learning in the areas of assessment, well-being and project-based learning. An initial review of Learning Across the School (LATS) also occurred to discuss developing ways to improve learning during this time. It was a very worth while and productive evening with many ideas being discussed. The plans and ideas will now be further developed and implemented throughout the year.

Captain's Cup

The school's inter-house sports competition continued today with students participating in the first round of the Captain's Cup. This is a fantastic event organised and run by the house captains each year. Who will be this year's winner of the silverware? What a great way to develop house ownership, patriotism and friendly rivalry amongst the student body.

Parents corner – the golden triangle

Remember, education is an equal partnership between students, teachers and parents. This week's education speak is on:

Independent learning in high school

Compulsory work, these are the things that your teacher specially tells you to do:

- home work
- assignments
- preparing for tests.

Independent learning; these are the additional things you do, if you have no other school work to do that night, to improve your understanding of your subjects:

- reading
- reviewing what you have been learning at school that week
- extra practise on questions you find hard
- research on an area you are interested in learning more about
- making a mind map about what you have been learning
- making study notes on a topic
- improving your touch typing skills
- reading ahead in your textbook
- improve your study skills
- work from a different textbook or study guide.

Here's how it works in high school: you don't just do the things your teacher tells you to do like you did in primary school. In the first year of high school you should be aiming to do on average around an hour (this includes 25 minutes of LATS) of school work a night on Monday to Thursday. In years 9/10 this should increase to one and half hours and for years 11/12, two to three hours plus work as required on weekends.

This is what you do in this hour:

1. Do homework first. Not every subject will give homework every night.
2. The work on any assignments you have or tests that are coming up.
3. If these two things take less than an hour (or more for years 9-12) to complete, then use the rest of the hour to start independent learning work.

Some nights you will not have time to do any independent learning. Other nights you will have no homework and will spend the whole hour allocated to schoolwork working on independent learning tasks. Your teacher may even give you a sheet that has suggestions of independent learning work for that subject. If you are unsure, you can always ask. But one of the biggest components of independent learning in high school is making your own study notes or summaries. You can learn more about how to make study notes on the study skills website www.studyskillshandbook.com.au

Remember parents, you don't do independent learning for students. This is something the student needs to learn to be successful both at school and in life. Just make sure they allocate the time for home learning. If your child is unsure what to do then encourage them to ask their LATS teacher for ways to learn at home.

Have a great week – Ian Pattingale.



Aaron Heatley is a worthy recipient of one of our scholarships this year. Aaron will be studying Arts in Architecture at the University of Canberra and will graduate in 2021 with a Masters degree in Architecture.



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. Please give your names and your partner's names (if possible) to Joan Eppelstun on 6343 1033 before Friday 2 March. Thank you.

YEAR 7 CAMP WEEK 8



Just a heads up for parents that Year 7 will be attending their camp on 22-23 March. This is an overnight camp and students will need to ensure that they pack the correct things. If you do not have access to anything on the list below please let us know now so we can make arrangements.

Year 10 peer mentors will be attending the camp for team building activities and leadership responsibilities and will need the same equipment.

There will be further information and permission notes sent home with Year 7 and 10 students involved next week; this will include information on the excursion cost.

If you have any questions or concerns please call Emma Griffin or Sarah Higgs on 63431390

Items needed:

- | | |
|----------------|----------------------|
| • thongs | • hat |
| • towel | • sunscreen |
| • toiletries | • sleeping bag |
| • water bottle | • pillow |
| • jumper | • change of clothes. |

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)

Swimming Club News

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

More perfect weather for swimming club last Friday evening and all swam well. Danny thanked everyone for their great work during MPS Championships the previous weekend and commended all on their friendly and professional behaviour plus great results in the pool. Bianca Hughes thanked the swimming club committee. The Henry Lawson High School held their swimming carnival on Friday – congratulations to our swimming club members Tom Robinson and George Mitton who broke several records during the day.

On Saturday the Annual Business House Relays were held plus the official opening of the Grenfell Aquatic Centre. What a great afternoon of fun competition amongst our local businesses and the swimmers that represented them in the relays. Thank you to Rotary and all the businesses for their sponsorship.

Good luck to our swimmers competing in the Quandialla Swimming Carnival and the NSW Country Championships being held this weekend. Championships commence Friday 2 March.

Important dates

Friday 23 February – normal Grenfell swimming club.

Saturday 24 February – Quandialla Swimming Carnival – warm-up from 1pm. Commencing 2 pm

Friday 2 March – 1st club championships night.

Friday 9 March – 2nd club championships night.

Friday 23 March – club presentation night.

Important information

Championships – swimmers will be automatically nominated into championship events that they qualify for, except for the 200m freestyle and the 200m IM. You must nominate for the 200m freestyle and the 200 individual medley if you want to compete in these events at the championships. (Reminder: to qualify for the 200m freestyle you must have completed six swims of the 100m freestyle. To qualify for the 200 IM you must have completed six swims of each stroke and currently be swimming 50m in all of them). You must let us know if you choose not to compete in an event that you automatically qualify for.

Official news

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

Feature race - 100m breaststroke - nominations to Leann by 4.30pm this Friday please.

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 Phoebe Baker who was the winner of the Grenfell Meat Barn meat tray kindly donated by the Carroll family.

Timekeeping/raffle roster: Friday 23 February: FREEBODY, KEPPIE, McLELLAND, MILES, NORRIE-HENDY, WILSON, SMITH (COOPER)

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



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



SAVE THE DATE

GRENELL VOICES AGAINST VIOLENCE COMMITTEE

Community Event



DATE: Wednesday 11 April 2018

TIME: 9.30 am – 12 pm

PLACE: Grenfell Uniting Church, Forbes Street, Grenfell

COST: \$10.00 includes - pick 5 items of clothing

FREE tea/coffee and morning tea

Speaker at 10.30 am

Funds raised will support projects raising awareness of Domestic Violence in the Weddin Shire

This is the perfect opportunity to finally let go of all the fabulous pieces you haven't been wearing so that someone else can love and wear them! In exchange, you can pick up some new pieces for your wardrobe! This event is for ALL dress sizes.

How the swap works:

1. Drop off all the clothes you no longer wear to Grenfell Community Health by 9 March 2018
2. Attend the event on 11 April 2018
3. At the end of the swap, items left over will be donated to women's refuges in Forbes and Young and local charities.

Swap guidelines: women's and children's clothing

What to bring: dresses, pants, skirts, tops, shoes, bags, scarves, hats, jewellery.

What NOT to bring: earrings, swimwear, underwear, pyjamas.

Clothes must be clean and in a condition that's not too heavily worn or too damaged. (Good quality like something you could give to a friend)

Grenfell Voices Against Violence Committee look forward to seeing you in April

SWAP FOR FOOD

Greenethorpe's
ONE NIGHT IN VEGAS

A night of fabulous food, wine, and entertainment
raising much needed funds for the Greenethorpe Soldiers' Memorial Hall

Saturday 17 March 2018
7.00pm – 11.30pm

Dress Code: Las Vegas

Tickets \$60 each before 1 March, 2018 and \$70 each after 1 March, 2018
Tickets available to purchase online via the following link:
<https://www.trybooking.com/SYT8>

Proudly Sponsored By:

Buses will be available to and from the event from Cowra, Grenfell and Young. Available to book online when purchasing tickets.

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.

THLHS SCHOOL UNIFORM

Junior girls uniform - Years 7 - 10

- Navy and sky blue polo shirt
- Navy pleated skirt
- Navy tailored shorts
- Navy trousers
- Navy sloppy joe with emblem
- Navy jumper with emblem
- Navy jacket with emblem
- Black leather shoes
- White/black socks/navy stockings/tights
- Accessories - Navy beanie, navy scarf, navy gloves

Junior boys uniform - Years 7 - 10

- Navy and sky blue polo shirt
- Navy tailored shorts
- Navy trousers
- Navy sloppy joe with emblem
- Navy jumper with emblem
- Navy jacket with emblem
- Black leather shoes
- White/black socks/navy stockings/tights



Senior girls uniform - Years 11 and 12

- Pale blue blouse with emblem
- Senior blue polo shirt with contrasting collar
- Navy checked pleated skirt
- Navy tailored shorts
- Navy trousers
- Navy sloppy joe with emblem
- Navy jumper with emblem
- Navy jacket with emblem
- Black leather shoes
- White/black socks/navy stockings/tights
- Accessories - Navy beanie, navy scarf, navy glove

Senior boys uniform - Years 7 - 10

- Pale blue collared dress shirt with emblem
- Senior blue polo shirt with contrasting collar
- Navy tailored shorts
- Navy trousers
- Navy sloppy joe with emblem
- Navy jumper with emblem
- Navy jacket with emblem
- Black leather shoes
- White/black socks/navy stockings/tights
- Accessories - Navy beanie, navy scarf, navy gloves



