



# LAWSON'S LATEST

THE HENRY LAWSON HIGH SCHOOL

16 MARCH 2018 TERM 1 ISSUE 7

## Swimmers take to the pool at Western Region swimming trials.

Congratulations to Tom Robinson and George Mitton who have been selected for the Western Region swimming team to compete at CHS in April.

Tom will be competing in the 50m, 100m and 200m freestyle, 100m butterfly and 100m backstroke events while George will be competing in the 50m freestyle and 100m breaststroke events.



Results from the day were:

Tom Robinson – 1st 50m, 100m and 200m freestyle, 100m butterfly and 100m backstroke.

George Mitton – 2nd 100m breaststroke, 3rd 50m freestyle, 5th 100m freestyle, 5th the 200m freestyle, 6th 100m backstroke.

Niamh Mitton – 5th 100m breaststroke, 7th 50m freestyle

Imogen Brenner – 8th 100m freestyle, 8th 200 freestyle, 13th 50m freestyle, 14th 100m backstroke

Riley Aspin – 15th 100m freestyle, 16th 50m freestyle

Angus Troth – 8th 100m backstroke, 19th 100m freestyle

Congratulations to all swimmers on a great day of competition.

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## Where are they now? Joseph Clarke - 2010

Hi my name is Joseph Clarke. I began at The Henry Lawson High School as a Year 7 student in 2004 and graduated Year 12 in 2010.

While there, I played touch footy, soccer, Rugby league, Rugby union and tennis for the school. I also played squash with my brother Matthew, making it to the NSW team finals. Outside school, I played for the local soccer team and the local Rugby league team, managing to win the grand final in 2010.

My favourite subjects at school were construction and agriculture. When I left school I worked for GrainCorp for two months and then moved to Canberra in early 2011.



I began working as a concrete cutter, and that's what I'm still doing to this day. Within my company, I have established myself as a team player and have taken on management and leadership opportunities that have been offered to me.

One of the greatest highlights of my life so far has been the birth of my daughter Lydia seven months ago. My favourite memories from school revolve around the good friends I made while there, creating life-long friendships with other past students such as Jake Taylor and Jordan Barclay (Crutcher), who are now also the godparents of my daughter.

The advice I have for current students is that how well or poorly you do at school doesn't always determine the outcome of your future. I repeated Year 6 and that was one of the best things that happened to me. I found mates who were determined to do well, and they encouraged and taught me to have a go as well; so I decided to have a crack and stick with it. In the classroom it was a struggle for me to stay on task and focus with activities, but I had the determination, will-power and work ethic to try do better so that I could succeed and provide for my future family.

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**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 that would be interested in contributing, please contact Liz Robinson on 6343 1390 or email [elizabeth.h.robinson@det.nsw.edu.au](mailto:elizabeth.h.robinson@det.nsw.edu.au)**

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## Who wants to win a \$4000 holiday?

The Stewart House donation drive 2018 has opened. Pop \$2 in the attached envelope and return to the office by 1 May to be in the draw to win a \$4000 holiday to a destination of your choice!

Every year 1,800 public school children attend Stewart House at no cost to their parents or carers where they are provided with dental, optical, hearing and medical screening and treatment. Children participate in educational programs and excursions designed to develop their social and emotional skills, build self-esteem and improve their overall well-being. All associated costs are met through charitable donations.





## Principal Report

### Parent - teacher evening

Thank you to parents/carers for supporting our students and school by attending the parent teacher evening last Monday. The staff were kept very busy the entire evening, working with parents/carers to improve the learning partnership that is so important between students, staff and parents. The more we talk about student learning, the more we get to build positive relationships that benefit student well-being and learning. Remember the golden triangle, (parents, students, staff). We all have a big role to play in student learning.

### Skills Road Show visit - Years 9/10

The Skills Road Show presented to our Year 9 and 10 students this week. The presentations highlighted the many pathways that are available for students to gain further skills, work and careers beyond school. Year 10 were provided with an opportunity to learn about the various websites and tools available to them to help with developing their own careers pathway. It was a great learning opportunity for our students.

### Sport heroes visit school social

The theme of last Tuesday's social was sporting heroes. Students that attended had a wonderful time in the photo booth and participating in the many activities organised by our student leadership team, Mr Barclay and Ms Wilkinson. There were some very famous faces amongst the crowd enjoying a great night away from the hustle and bustle of their celebrity lives.

### Captains Cup

Captain Cup round 3 occurred on Friday. This is a great inter-house competition for our students. The final round of competition will take place this week and the scores are close. The current leading house is only two points ahead, so it will come down to this week's scores to see who the final winner is. Good luck everyone; do your best, enjoy and be safe.



### Cricket Vs Parkes

Our senior boys' cricket team visited Parkes High School last Tuesday. The THLHS side batted first and soon discovered that Parkes had a good bowling attack that restricted our side's scoring opportunities and total. In the field the boys tried hard to slow the Parkes' team scoring rate however, Parkes showed strong resilience, maintaining focus to wear down the THLHS total. Well done to our team for your efforts in representing our school and developing your skills in cricket.

### National anti-bullying day

Friday is the National Day of Action against bullying and violence. A positive day of action, it aims to bring school communities together to help find workable solutions that address bullying and violence.

During our LATS period this week students have been discussing bullying and have been asked to develop and write their own anti-bullying pledge.

Attached to this week's newsletter is the school anti-bullying policy to remind students and parents/carers about what bullying is and what the school does to address bullying behaviours. Other resources for parents, staff and students can be found at:

<https://antibullying.nsw.gov.au/>

<https://www.esafety.gov.au/>

<https://bullyingnoway.gov.au/>

### Spelling bee round 2

Who will be the next spelling bee champion? With practice it could be anyone. The spelling bee continues this week. Make sure you all continue to work hard to learn the words. Best wishes and I hope to see you in the final round.

### State competitions

Good luck to Hugo Fenton and George Mitton who will trial for the Western Region hockey team this week; also, a big cheer to those students competing in the Western Region swimming carnival. We wish you all the best and are hopeful that you will make it to state level competition.

### Next week

The THLHS Chess Nuts will be in action against Red Bend College. Our expert lawn bowlers have a round against Forbes High. Best wishes to the students who will be trialling for Western Region boys Rugby team. A reward feast is planned for students who have received silver merit certificates. Our Year 7 students and Year 10 peer mentors are off to the Year 7 Camp. Good luck and have a great week.

### Out and about with the principal

When visiting classrooms this week the students taught me about the following learning:

- stage 5 food technology were learning about the food production process, looking at the stages from paddock to plate
- Year 8 English taught me about framing which is the use of camera angles and zoom in movies to create an effect or experience for the viewer
- stage 5 IST were learning how to make and edit digital movies
- in legal studies students were discussing legal rights and surrounding issues
- Frazer showed me his coaching session plan as part of Stage 6 sports coaching
- Year 7 maths – Rhys and Angel showed me methods to multiply larger numbers
- stage 5 music gave me a demo of their research into an Australian music artist.
- Year 11 community and family studies explained effective resource management; Sarah shared her job ad (skills required) for a parent/carer as part of her Year 12 CFS learning
- Jarrod shared his learning about wet photography – how to load film into the film tank – stage 5 photography
- in Aurora, Charlie was learning about techniques used to produce 'shock horror'
- Year 7 science demonstrated how to separate both soluble and insoluble solutions.

Have a great week! – Ian Pattingale



# Year 8 Pen Pal Program

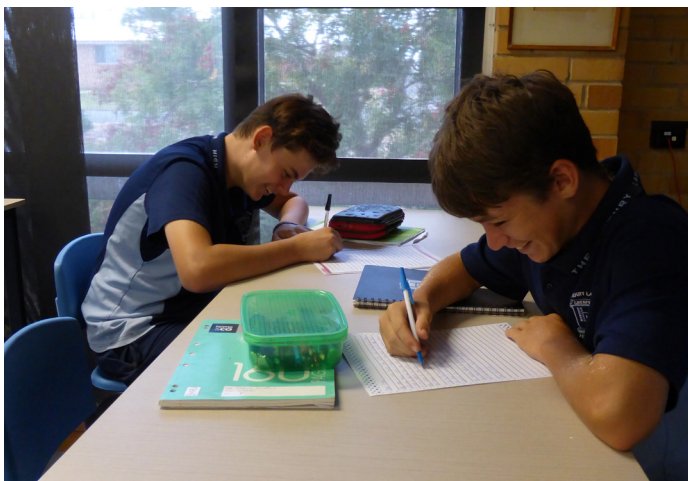
This year as part of their LOTE (Languages Other than English) program, Year 8 are writing letters to their fellow Year 8 students at Sir Joseph Banks High School in Sydney.

This has come about as a result of Yongyan Xia winning the Heywire competition in 2016. As part of her prize, Yongyan was invited to Canberra to meet the other winners and to design a program that would enable students to learn more about their heritage and a different culture.

The Foundation for Rural & Regional Renewal (FRRR) then makes funds available through a grant scheme for organisations to implement these projects. Last year we were fortunate enough to receive funding for a pen pal program.

Our project involves students writing four to six letters throughout the year, culminating in a visit to Sir Joseph Banks High School as part of Year 8 excursion at the end of the year, where students will meet their pen pal in person. Sir Joseph Banks High School is our sister school in Sydney with students from a diverse range of ethnic backgrounds and cultures. It is hoped that through this project, our students will gain a better understanding and have a greater awareness of multiculturalism in Australia. These letters will also provide the literacy focus for our LOTE subject this year.

Year 8 students have recently completed their first letter and are eagerly awaiting their first letter in reply.





Chris Heatley is another of our 2018 scholarship recipients. Chris is studying a Bachelor of Science majoring in physics with education at CSU in Wagga. Chris plans to work as a secondary science teacher while doing youth ministry when he graduates.



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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](mailto: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!

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## Silver MAD

Coming up on Thursday 22 March - a sumptuous feast prepared by our hospitality students. If you have five blue merit certificates and are yet to hand them in, do so by Friday 16 March.

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### Well-being Corner

***"There are two ways of exerting one's strength: one is pushing down, the other is pulling up."***

Conflicts are part of life, but you can learn to resolve disagreements peacefully. It takes a strong person to reach out to someone during an argument and say "Let's figure out a way to solve this problem" or "Let's make up." Working out your differences with someone – by handling your anger, listening to the other person's point of view, even apologising – can make you feel stronger and happier.

**Today**

**I will be peaceful**

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## Assessment Reminders

### English/History

Year 12 English advanced – comparative essay due: May 4 week 1 term 2.

Year 11 English advanced and standard – persuasive and creative writing due: 6 April week 10.

Year 11 English studies – portfolio due: March 22nd week 8.

Year 11 Modern History – historical narrative due: 29 March week 9.

Year 10 English – Pick-a-Poet due: April 11 week 11.

Year 10 History – in class exam: rights and freedoms: week 11.

Year 9 English – speeches due: May 2 week 1 term 2.

Year 9 History – in class exam: movement of peoples: week 11.

Year 8 English – composition of an appropriation due: 10 April week 11.

### MATHS

Mrs Taylor's Year 8 maths class has one of two tasks to complete for homework on Tuesday. Homework is due every Tuesday.

Mrs Taylor's Year 9 maths class has homework due every Tuesday.

### HSIE ASSESSMENTS

Year 10 geography – *Human Wellbeing* – due Thursday 22 March.

Year 11 business studies – *Nature of Business* – due Thursday 5 April.

Year 12 business studies – *Finance* – due Monday 26 March.



## What's happening in Food Technology and Hospitality!

There is so often a gourmet event going on in our state-of-the-art commercial kitchen. At present the Year 12 hospitality students are completing their unit on appetisers and salads and last week treated the staff to a beautiful luncheon of canapés and salads served with deliciously marinated chicken kebabs. Year 11 are building their knife skills and helped out by preparing individual apple tarts for dessert. The Year 11 students will have the opportunity to hone their teamwork skills when they cater for the Silver MAD luncheon in week 8.

Year 9 and 10 food technology students are completing their assessment tasks on food processing and food production. The students have selected a food product and will present the processing of this product to their peers. As part of this unit we have completed a case study on bread production in class, and students produced bread dough this week which they are using to prepare bread rolls, garlic bread and pizzas. They have been applying the *How2Learn* habit of 'making links' to making their bread with the commercial production of bread.

Year 8 technology are currently investigating habits of healthy eating and for their design project they will be producing a SWAY presentation on the *Australian Guide to Healthy Eating* featuring photos of the healthy foods for teenagers that they have made in class as well as information and recipes for young people. Parents, ask to have a look in a couple of weeks when their presentations are complete. Our next practical will be pumpkin soup and easy cheezi muffins.

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## Science and Engineering Fundraising

Science and Engineering Challenge team members will be selling bulbs as part of their fundraising efforts for future competitions.

All orders and money due back to the office by Monday 9 April. If you would like to support our fundraising efforts, please see a member of the science and engineering team.

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## Captains Cup Round 2 Results

### Soccer

#### Pool 1

	Ladder				
	Rank	Comp Points	For	Against	Differential
Lehane 1	5	6	9	13	-4
Lehane 2	6	2	3	21	-18
McNamara 1	3	8	12	9	3
McNamara 2	2	9	7	16	-9
McCabe 1	1	14	27	5	22
McCabe 2	4	7	16	14	2

### Netball

#### Pool 2

	Ladder				
	Rank	Comp Points	For	Against	Differential
Lehane 3	1	11	17	15	2
Lehane 4	3	9	16	11	5
McNamara 3	2	9	17	7	10
McNamara 4	4	8	19	12	7
McCabe 3	6	3	5	24	-19
McCabe 4	5	6	9	14	-5

### League Tag

McNamara 6 – Forfeit Round 2 due to numbers

#### Pool 3

	Ladder				
	Rank	Comp Points	For	Against	Differential
Lehane 5	5	4	12	18	-6
Lehane 6	6	2	10	21	-11
McNamara 5	4	6	8	22	-14
McNamara 6	3	8	18	11	7
McCabe 5	1	11	26	13	13
McCabe 6	2	9	23	8	15

### Total Points

House Captains Cup	Lehane	McNamara	McCabe
Points	34	48	50
Rank	3	2	1





## Grenfell Soccer Club

Grenfell Soccer Club invites children aged five years to seniors to register for the upcoming soccer season. Our season starts in April and concludes in September and involves travelling to either Young or Forbes every second Saturday morning, some teams will travel to Boorowa once a season.

Face to face registrations will be Wednesday 21 and 28 March at Grenfell Public School 3.30 – 5.30 pm in Mr Brent Cartwright's Year 2 classroom. Alternatively, registrations can be made online by visiting [www.myfootballclub.com.au](http://www.myfootballclub.com.au). Please ensure you email your child's contact details including name, parents' names, age, phone number and email to [grenfellsoccer@gmail.com](mailto:grenfellsoccer@gmail.com) if registering online. Cost this season: 5-8 years \$85.00; 10-17 years \$100.00; seniors \$200.00; students playing seniors \$120.00.

The NSW Government now provide a \$100 voucher to parents/guardians of school/TAFE enrolled children aged 5 to 18 via the Active Kids Rebate. The \$100 voucher can be used towards registration costs and requires you to create an account at [www.service.nsw.gov.au](http://www.service.nsw.gov.au) and enter your medicare details for each child that will be playing soccer. You will be given a voucher code for each child and can enter the voucher code at the payment section of the online registrations.

Please contact our secretary at [grenfellsoccer@gmail.com](mailto:grenfellsoccer@gmail.com) or Ali Anderson on 0423 865 262 for further information.

## Real Kids in an Unreal World

with Maggie Dent



### Building Resilience and Self-Esteem in Today's Children (10 Resilience Building Blocks)

Children need to have certain basic experiences to build the competencies that will help them manage life — the good, the bad and the ugly. Popular Australian parenting author and educator Maggie Dent published her bestselling book, *Real Kids in an Unreal World*, to help guide parents in raising children who are happy, healthy, strong, kind and resilient. In this seminar, Maggie will explore her common-sense, practical model of 10 building blocks for children birth-12.

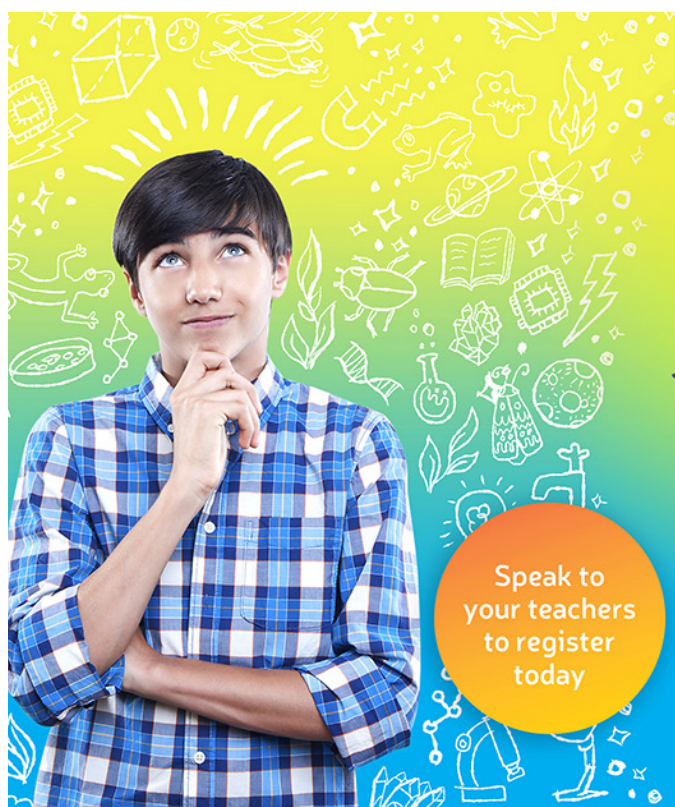
She will present practical, common-sense ideas and strategies to make small changes in your home or classroom/centre, which will make a big difference to your children's cognitive, physical, psychological, emotional and social health later in life.

**Date:** Saturday 30th June 2018  
**Time:** 10am Professional Development session, 2pm Parent session  
**Venue:** Grenfell Bowling Club  
 Cross St Grenfell NSW 2810  
**Cost:** \$25 per ticket / \$65.00 PD session includes light lunch  
**Tickets:** [www.ticketebo.com.au/grenfellpreschool](http://www.ticketebo.com.au/grenfellpreschool)  
**Inquiries:** [www.ticketebo.com.au/grenfellpreschool](http://www.ticketebo.com.au/grenfellpreschool)  
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 your teachers  
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# THLHS ANTI-BULLYING POLICY

We believe that every child has the right to be safe and happy at school, that they are given every opportunity to be successful, and have the skills to be independent learners and strong team players.

Addressing bullying is a shared concern. Students, parents and school staff are all responsible for working together to address and prevent bullying.

## Definition of bullying

NSW DET guidelines state:

Bullying can be defined as intentional, repeated behaviour by an individual or group of individuals that causes distress, hurt or undue pressure.

We consider the following behaviour/s to be bullying when there is a clearly defined victim.

### Verbal

- Name calling, teasing, sarcasm, insults, abuse or threats
- Making fun of someone because of their appearance, physical characteristics or cultural, religious, social and family background.
- Making fun of someone's actions or ability.

### Physical

- Hitting, kicking, punching, pushing, shoving, scratching, tripping, spitting.
- Physical intimidation - using physical size and proximity to exert power over another individual.

### Social

- Ignoring, excluding, ostracising, alienating
- Making inappropriate gestures.

### Psychological

- Spreading rumours
- Taking, hiding or damaging other people's possessions.
- Malicious SMS, email messages or other forms of cyber bullying.
- Inappropriate use of film and photography.
- Forcing others to hand over any items including food and money.
- Making someone do something they do not want to do.
- Writing graffiti about others.

**The Anti-Bullying registrar** monitors and identifies patterns of bullying behaviour, informs key parties and maintains records. When the registrar receives TWO bullying incident reports regarding the same bully, the school moves into a disciplinary mode.

## Strategies to prevent and deal with bullying

### In dealing with bullying, parents and caregivers can:

- Talk with their children to provide support and to come to a clear understanding of the occurrence.
- Report their concern regarding the bullying occurrence to the school via a phone call, personal visit or in writing (letter, email)
- Work with the school in seeking solutions.

### In dealing with bullying, students can:

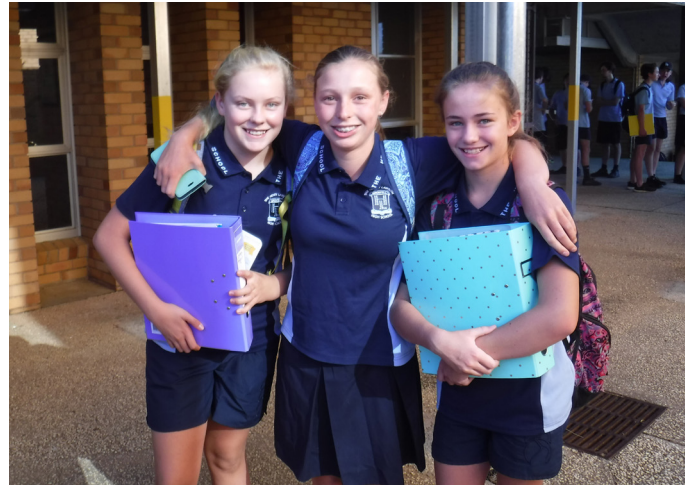
- Tell the bully to stop.
- Report the occurrence of bullying to a member of staff.
- Attempt a resolution by requesting mediation.
- Discuss the occurrence of bullying with parents or caregivers.



# THLHS ANTI-BULLYING POLICY cont.

## Procedures for Staff

- When a staff member receives a complaint or observes bullying behaviour or an incident, they must investigate further by interviewing all students involved in order to ascertain whether a formal report needs to be submitted.
- From discussion with the students involved, staff may determine that mediation is required in order to resolve the issue. They may facilitate a mediation between students or encourage peer mediation be requested.
- Once the staff member has determined that the behaviour is bullying, as consistent with the definition in the THLHS plan, a formal report form must be completed and submitted to the Anti-Bullying Registrar.
- If has been determined that it is not bullying, it is to be dealt with as a discipline issue, as per the school discipline policy.
- Principal will inform parents of the victim that there has been an issue regarding bullying of their child, that action has been taken, and if they feel there are continuing problems to contact the school.



## THLHS has a responsibility to:

- Inform key stakeholders about the school discipline code and the Anti-Bullying Plan which clearly identifies the behaviours that are unacceptable and the strategies that will deal with bullying in the school.
- Provide students with strategies to respond positively to bullying behaviour including responsibilities as bystanders.
- Follow-up reports of bullying, harassment and intimidation.
- Provide and encourage the use of peer mediation to resolve issues of conflict.

## Students of THLHS have a responsibility to:

- Not to engage in bullying behaviour.
- Behave appropriately and respect individual differences and diversity.
- Report if they are being bullied.
- Report if they observe bullying.
- Discourage and be non-supportive of any witnessed bullying.
- Help someone who is being bullied, by assisting if possible, or notifying a teacher.
- Consider peer mediation as a way of resolving the conflict.

## Parents and caregivers have a responsibility to:

- Be aware of the school Anti-Bullying Plan.
- Assist their children in understanding bullying behaviour and in developing positive responses to bullying consistent with the school Anti-Bullying Plan.
- Watch for signs that their child may be bullied.
- Speak to someone on staff at THLHS if their child is bullied, or if they suspect that this is happening, and to work with the school in seeking a solution.
- Instruct their children to report if they are bullied.
- Work with the school in seeking a solution if their child is identified as a bully.
- Encourage counselling and peer mediation as strategies for dealing with bullying.