

# LAWSON'S LATEST

THE HENRY LAWSON HIGH SCHOOL

17 NOVEMBER 2023 TERM 4 WEEK 6

## Remembrance Day



## Pink Day



**CHALLENGE, ENCOURAGE, ACHIEVE**

49 SOUTH STREET, GRENELL NSW 2810

02 6343 1390

[www.henrylawso-h.schools@det.nsw.edu.au](mailto:www.henrylawso-h.schools@det.nsw.edu.au)



## Principal Report

We are always proud of the many achievements of our students both at school and in the community.

We have a fantastic school, and our students achieve so much each and every day.

I would also like to thank the community and businesses for their generous support of awards for presentation day coming up.

Our annual presentation will be held on Wednesday 13 December at 11am.

It was great to see so many Year 6 students here on Wednesday 8 November for another transition day. The day was another wonderful opportunity for our new Year 7 group to see our school, meet new friends and participate in transition lessons. We are looking forward to seeing you all again on the 22 of November for our orientation day.



Well done to school captain Annabella Taylor and school vice-captain Hamish Baker who represented the school at the town Remembrance Day service last week.

They did an amazing job and their time, effort and generosity is appreciated.

Remembrance Day marks the end of fighting on the Western Front on November 11, 1918.

*They shall grow not old as we that are left grow old:*

*Age shall not weary them, nor the years condemn.*

*At the going down of the sun and in the morning*

*We will remember them.*

Lest we forget.



Welcome April. April has recently joined our learning support team as a Student Learning Support Officer. April moved to Grenfell in 2018 with her husband and 2 kids. She loves gardening and is crazy about ducks and chickens.

April is currently studying a Bachelor of Social Sciences in the hopes to get her clinical qualification. "I only started my degree when I was 40, I just didn't know until then what I wanted to do!" April is impressed with the range of classes and opportunities that students are given these days. "I'm looking forward to seeing the presentations of the class assignments that the Year 9's have been working on, I'm loving the creativity that I'm seeing in their work."



Thank you to Scope Clothing and The Conron Store for their kind prize donation for our Melbourne Cup mufti day.



Thank you to all of our students and staff who supported our PINK day to raise money for Year 12s chosen charity the McGrath Foundation. Our students donated gold coins for the cause.

These ideas and initiatives were led by our students, demonstrating amazing spirit and generosity by our school community. Well done everyone.



A huge thank you to Grenfell RSL-Sub Branch for their incredible support! Their recent donation is a game-changer for Year 11's chosen charity.

The Grenfell RSL-Sub Branch has demonstrated their unwavering commitment to our community.

Their generosity is fuelling our students' mission to make a positive impact.



### SCHOOL COUNSELLOR AND SCHOOL PSYCHOLOGIST RECOGNITION DAY



Friday 10 November is a day to recognise the important role school counsellors and school psychologists play in supporting students, families and teachers.

The Henry Lawson High School are lucky to have a school counsellor available to students.

Jacqueline Hodges has been working at The Henry Lawson High School since 2022 and has engaged with many students and their families. The School Counselling Service works directly with students to help them with issues related to learning, peer, and family relationships, and managing emotions such as depression, anxiety, worry or isolation.

We would like to thank Jacqueline for her dedication and commitment to our students in enhancing their wellbeing and assisting families to navigate the challenges that can be faced

over the years of adolescence.



Our newly formed HSC group has now had a few weeks to settle in. I encourage all these students to have high expectations of themselves. I also encourage them to work hard and aim high.

Our students can and will achieve whatever it is they want. Student attitude towards classroom participation and study outside of the classroom is vital for their own success.



Aaron Flagg  
Principal



## SCHOOL EXPECTATION DRAW



### Week 5

Improving – Caleb Beaton, Responsible – Thomas Whittaker, Positive and Respectful – Phoebe Heathcote, Prepared – Georgia Petty.



### Week 6

Responsible – Annabella Taylor, Improving – Phoebe Heathcote, Respectful – Isabelle Abbey, Prepared – Maverick Mooney, Positive – Keira Chown.

Congratulations to the five students who received a \$5 canteen voucher in the weekly draw from all the reward tickets that were issued in the last two weeks.

Reward tickets are issued to students in recognition of meeting our whole school expectations of *Prepared*, *Improving*, *Respectful*, *Positive* and *Responsible*.

The whole school expectations are designed to support student understanding and engage positive and respectful relationships, while contributing points to their house.

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## Outdoor Education Bike Ride

Outdoor Education (Group 2) students made their final journey to the Weddin Mountains this year on 2 wheels, and what a test it was!

After 4 hours in the saddle, 33.64km were covered in total with 530m of elevation gain. The legs were certainly cactus by the end of the ride with some drawn faces. That didn't stop us burning over one last hill coming back into Grenfell for some hot chips though!

Congratulations to all riders who completed the cycling challenge and are now better equipped with riding skills, fitness and appreciation of the environment.

Our final ride for the year will be at Glenwood Trails on the 28th of November for those riders keen enough to send it down hill and into the holidays mountain bike style.





# AGDAY 2023

## 17 NOVEMBER



**"GROW YOU GOOD THING!"**

#AGDAYAU

### Year 6 2023 into Year 7 2024

Year 6 are currently doing their transition program for Year 7 2024. They have been experiencing all high school has to offer; practical classes in wood technology, food technology, outdoor education and more, as well as introductions to high school maths and English, and tours of the library and agriculture plot.

We will be conducting swim safety testing as part of the Year 6 to 7 transition program on Wednesday 22 November (Week 7). If you have not received a letter, please get in contact with the school on 6343 1390.

The NSW Department of Education requires all NSW students to be cleared for swimming and assessed on swimming competencies. This testing assists staff in developing effective risk management strategies and supportive programs depending on level of ability. If you would like to know any further information, proceed to the NSW Department of Education website and search 'School swimming and water safety'.

Swim testing allows all students to participate in swimming carnivals, school excursions (where aquatic environments are near) and other school learning opportunities such as the raft building activities in Year 7 STEM.

**When:** Wednesday 22 November (Week 7).

**Where:** Grenfell Aquatic Centre

**Cost:** \$0 (this activity has been subsidised by The Henry Lawson High School)

**Catch-up date:** TBD

**What to bring:** A towel, swimmers, goggles, a spare change of every clothes for a survival swim.

**What is tested:** 100m swim test, rescue technique, safe entry and exit, survival floating and survival swim.

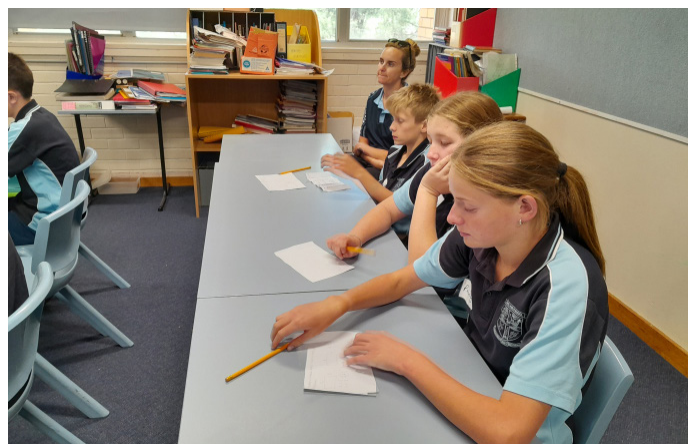
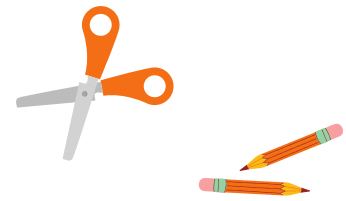
*We are looking forward to a great start to next year.*







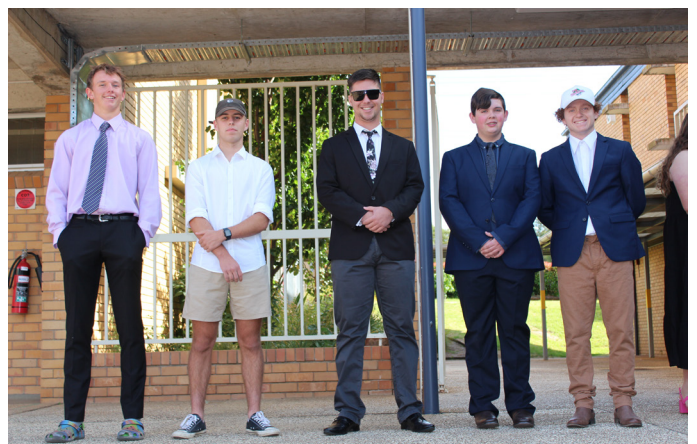
# YEAR 6 TRANSITION







## 2023 Melbourne Cup Mufti Day



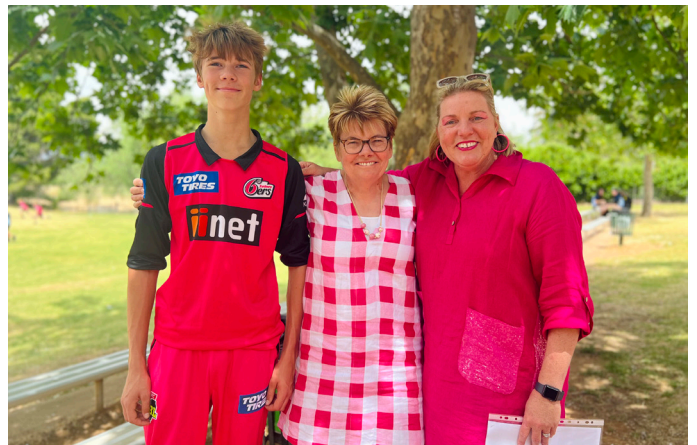


McGrath  
Foundation

# PINK DAY

## Year 11 Fundraiser

At the McGrath Foundation, they raise money to fund McGrath Breast Care Nurses who provide invaluable support and care to women and men experiencing breast cancer.

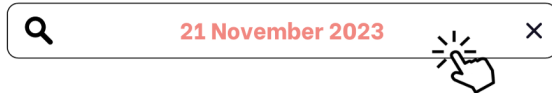




## Reminders

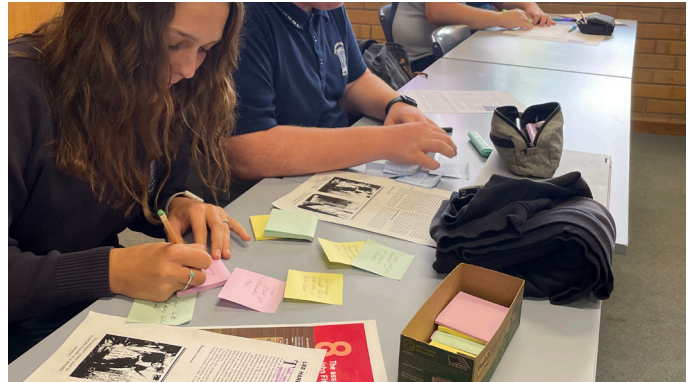


### UC VISIT



### English/History Assessment Reminders

- Year 12 Standard English: Texts and Human Experiences presentation due 7th December (week 9)
- Year 12 English Studies: Texts and Human Experiences presentation due 7th December (week 9)
- Year 12 Ancient History: Cities of Vesuvius source analysis due 24th November (week 7)

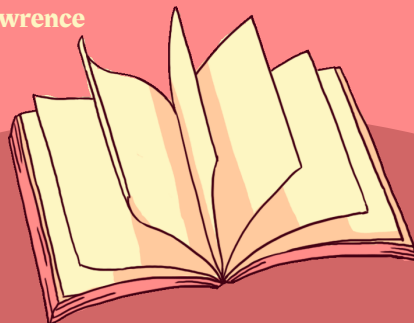


## FREE BOOKS!!

With a new Year 7-10 English syllabus starting next year, the English faculty have had to make room for some new class sets of novels by removing older, no longer used sets from our book store.

Please contact the school if you would like pre-loved copies of any of the following:

- Two Weeks with the Queen, Morris Gleitzman
- Lord of the Flies, William Golding
- The Outsiders, S.E. Hinton
- The China Coin, Allan Baillie
- Pankration, Dylan Blacklock
- Taronga, Victor Kelleher
- The White Mountains, John Christopher
- Swashbuckler, James Moloney
- Children of the Dust, Louise Lawrence





## Careers News

### University of Canberra (Year 9/10)

This year, our school has been included in the 'Aspire UC' 2023 program. University of Canberra have visited our school in Term 3 to deliver a workshop. Interested Year 9/10 students will have the opportunity to visit the university on 22 November to participate in activities and workshops. UC will pay for our travel, accommodation, and a campus tour. Students will be required to pay for their tea, lunch, and a snack on our return to Grenfell.

This is a great opportunity to gain experience about university life and imagine themselves as university students.

### University of Wollongong (Year 11)

We have submitted our expressions of interest in attending UOW discovery day in 2024. Anticipated date will be Tuesday, 13 February. Should we be successful, students would need to register online and select the workshops. Cost for this will include accommodation (\$52) plus food.

### Work experience (Year 10)

Students will be at a work placement during week 9 (4 to 8 December). Students will be required to submit paperwork in a timely manner and communicate with parents regarding work possibilities. Accommodation and travel forms also need to be completed (if necessary).

- **Week 5 to 6** - Work experience paperwork due to teacher/front office
- **Week 7 to 8** - Teacher, hand back approved paperwork and folders.
- **Week 9** - Work experience.



Scholarship applications for 2024 are open. To be eligible for a CEF of Grenfell scholarship you need to demonstrate that you have a financial need; are aged 16-25 years; you have attended The Henry Lawson High School or currently live in the Weddin Shire Council; and you are able to demonstrate commitment to achieving your goal. Applications can be accessed through [cef.org.au](https://cef.org.au) and will close November 30 2023. If you have further questions contact us at [cefgrenfell@gmail.com](mailto:cefgrenfell@gmail.com).

We are focused on building our funds for the 2024 recipients, and we do it with our community's fantastic and ongoing support.

# APPLICATIONS ARE OPEN!

## APPLICATIONS CLOSE NOVEMBER 30

Visit: <https://cef.org.au/foundations/grenfell/>





**SCHOOL CALENDAR  
TERM 4 2023**

	Week	Monday	Tuesday	Wednesday	Thursday	Friday
<b>November</b>	<b>6 B</b>	13	Pink Day 14	15	16	17
<b>November</b>	<b>7 A</b>	20	UC Visit 21	Year 6 Orientation 22	23	24
<b>November/ December</b>	<b>8 B</b>	27	28	Yr 9 Wellbeing Excursion 29	30	1
<b>December</b>	<b>9 A</b>	Yr 10 Work Experience 4	Yr 10 Work Experience 5	Yr 10 Work Experience 6	Yr 10 Work Experience 7	Yr 10 Work Experience 8
<b>December</b>	<b>10 B</b>	11	12	Presentation Day 13	14	15
<b>December</b>	<b>10 A</b>	18	19	20	21	22



**Headspace Cowra**

Headspace Cowra is hoping to gather some information about our neurodivergent young people and their engagement with local health services. We would really appreciate it if you could take few minutes to complete this super quick survey. Many thanks, the headspace Cowra team.



<https://forms.office.com/r/ddhAhsQQLw?origin=lprLink>





# Cargo to Grenfell

## Annual Fundraiser Walk

### 2024 C2G Walk

The Cargo to Grenfell Walk is a registered fundraising event that takes place annually in March between the two regional towns of Cargo and Grenfell, both located in the Central West of New South Wales.

Participants are put to the test of both mental and physical endurance during the 96km trek with the aim to raise awareness and funds to increase education around mental health wellbeing and suicide prevention. As a community-based event, we would love to see the locals of the Central West come on board and register for the event, supporting a great cause to improve mental health awareness & resources within Central West NSW.

The 2024 C2G Walk is scheduled Thursday 14<sup>th</sup> to Saturday 16<sup>th</sup> March 2024. There are registration options to enter as an individual or a team and to complete the full 3 days, any 2 days or any 1 day of the event!

For more Information or to register scan the QR Code >>>



Any questions about the event, registration or if you would like to be involved as a volunteer, please contact Toby Barons on 0421 880 088 or email [c2gwalk@gmail.com](mailto:c2gwalk@gmail.com)



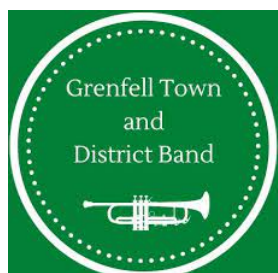
Cargo2Grenfell



c2gwalk







**DO YOU  
PLAY AN  
INSTRUMENT?**

If you are interested in joining the Grenfell Band or would like some more information or provide suggestions, please contact Ann Best (Secretary) on 0423532444



The band practices every Thursday night from 7 p.m. till about 8.30/9 p.m. at the Band Hall in George Street and welcomes anyone who would like to come and enjoy playing and learning music. Band practice is a very relaxed affair with lots of enjoyment, laughs and no pressure. We welcome all ages and all abilities.



# Whooping Cough (Pertussis)

Last updated: 3 June 2019

***Whooping cough affects people of all ages. It can be especially serious for babies. Vaccination reduces the risk of infection and severe disease.***

## What is whooping cough?

Whooping cough can be a life threatening infection in babies. Whooping cough in babies can lead to apnoea (pauses in normal breathing), pneumonia, feeding problems and weight loss, seizures, brain damage and, in some cases, death. Older children and adults can get whooping cough too and pass it on to babies.

## What are the symptoms?

- Whooping cough usually begins like a cold with a blocked or runny nose, tiredness, mild fever and a cough.
- The cough gets worse and severe bouts of uncontrollable coughing can develop. Coughing bouts can be followed by vomiting, choking or taking a big gasping breath which causes a "whooping" sound. The cough can last for many weeks and can be worse at night.
- Some newborns may not cough at all but they can stop breathing and turn blue. Some babies have difficulties feeding and can choke or gag.
- Older children and adults may just have a cough that lasts for many weeks. They may not have the whoop.

## How is it spread?

- Whooping cough is spread when an infectious person coughs bacteria into the air which can be inhaled by people nearby. If they are not treated early, people with whooping cough are infectious in the first three weeks of their illness.
- Whooping cough spreads easily through families, childcare centres and at school.

## Who is at risk?

- Anyone can get whooping cough. People living in the same household as someone with whooping cough are especially at risk.
- Immunisation reduces the risk of infection but immunity fades over time. You can still get whooping cough even if you've been immunised.

## How is it prevented?

Whooping cough vaccines provide good protection from infection but immunity fades which means that boosters are needed.

## Immunisation for babies

- Babies need to be immunised at 2 months, 4 months, 6 months and 18 months. The first dose can be given as early as 6 weeks of age.
- Getting your baby vaccinated on time gives them some protection when they are most at risk of severe illness.



- If your baby's vaccines are overdue, see your GP now to catch up.

## Immunisation for older children

- A whooping cough booster is needed at 4 years of age.
- Check if your child has been vaccinated. Look at their Blue Book, speak to your GP or ring the Australian Immunisation Register on 1800 653 809.
- A second whooping cough booster is given in high school through the NSW School –based Vaccination Program.

## Immunisation for adults

Free vaccine is provided through GPs and hospital antenatal clinics for pregnant women during **each** pregnancy

- The whooping cough vaccine is usually given to pregnant women at 28 weeks of each pregnancy, but can be given at any time between 20 and 32 weeks
- for women identified as being at high risk of early delivery, the vaccine should be given as early as possible (from 20 weeks)
- if not received during pregnancy, the vaccine should be administered as soon as possible after birth

A booster for adults is recommended for:

- other adult household members, grandparents and carers of infants under 12 months of age.
- adults working with young children, especially health care and child care workers.

## If you are a close contact of someone with whooping cough:

- If you have been exposed to someone with whooping cough early in their illness while they are infectious, watch out for symptoms and see your doctor if you get a new cough.
- Some babies and some pregnant women need antibiotics to prevent whooping cough infection if they have had significant contact with an infectious person.

## How is it diagnosed?

Your doctor may ask about your symptoms and whether you've had any contact with whooping cough. If your doctor thinks you have whooping cough, a swab from the back of the nose or throat can confirm the diagnosis.

## How is it treated?

- Some babies may need treatment in hospital or in intensive care.
- Antibiotics are used to treat whooping cough in the early stages and can help prevent spreading whooping cough to others. People who are not treated early with the right antibiotics can spread the infection in the first 3 weeks of their illness. After 5 days of antibiotics, you are normally no longer infectious.
- The cough often continues for many weeks, despite antibiotics.

## What is the public health response?

Doctors and laboratories must confidentially notify cases of pertussis to the local public health unit. Public health unit staff can advise on the best way to stop further spread.

Infectious children are restricted from going to pre-school and school. Unimmunised contacts may be excluded from child care unless they take the special antibiotics.

## Identify - Protect – Prevent

[NSW Health whooping cough campaign:](http://www.health.nsw.gov.au/Infectious/whoopingcough/Pages/default.aspx)

<http://www.health.nsw.gov.au/Infectious/whoopingcough/Pages/default.aspx>

For further information please call your local public health unit on 1300 066 055 or visit the New South Wales Health website [www.health.nsw.gov.au](http://www.health.nsw.gov.au)





## INTERNATIONAL DAY OF PEOPLE WITH DISABILITY



**FRIDAY 1ST DECEMBER • 10AM - 1.00 PM**

Join us for a fun morning celebrating International Day of People with Disability. We will have a BBO lunch, lots of fun activities including a jumping castle, games.

Goodie bags available for adults and children on the day.  
This is a free and inclusive event and everyone is welcome!

**RIVERPARK BASKETBALL COURT, NEXT THE POOL/ATHLETICS**

**TRACK**

Supported by:



Cowra Council



Come along to the Christmas Festival on Friday 1st December 2023.  
CINC will be hosting our annual Winter Wonderland at Squire Park.  
There will be family Christmas photos, hair spray, tattoos and face painting  
Bring your letter to put in Santa's letterbox (include email address on letter for return message).

There are goodie bags for all the children on the night.  
Please call 63401100 to book your time slot for your Christmas photo.





# Grenfell Bowling Club

## Christmas Raffle & Family Fun Night



**FREE FOR THE KIDS:**  
**\*MECHANICAL BULL**  
**\*INFLATABLE OBSTACLE COURSE**  
**\*FACE PAINTING**

**PRIZES! PRIZES! PRIZES!**

**FRIDAY DECEMBER 8**  
**FROM 6PM TO 9 PM**  
**BOOK YOUR TABLE NOW! - PH:63431656**









**LIONS CLUB  
& COMMUNITY  
CHRISTMAS CARNIVAL**

**FRIDAY DEC 15**

**Vaughn Park**

**From 6.30pm**

**Stalls, Chocolate Wheel,**

**BBQ & Drinks, Jumping Castles**

**Santa Tickets \$2**

**Santa arrives around 7.45pm**

**Stall holders welcome: Ph 0403 480 729**

**Support your local Lions Club who supports you**





# MARKETS !!

Unwind Coffee Van



**STALLS INVITED TO ATTEND!!**

**Where:** PROCTOR PARK,  
EAST STREET, GRENFELL

**Date:** SUNDAY 26 NOVEMBER 2023

**Time:** 9 AM TO 2 PM



Cakes

White Elephant stalls and so  
much more!!!!



POVEY'S PIZZA VAN!!!!



Dowdy's Suds N crafts



Cost of stalls: \$20.00 and you must provide a copy of your insurance  
Please contact Glenda on 0429 631 505 or via [lghowell@bigpond.com](mailto:lghowell@bigpond.com)  
or via Grenfell Girl Guides Face Book page



**\*\*This is a fundraiser for Grenfell Girl Guides and our fabulous Support Group\*\***