From the Principal

2016 Student Leadership Team Named
Following an extensive selection process, the 2016 Student Leadership Team has been announced. The process involved self-nomination, interview by teachers (Ms Smith, Ms Mangraviti, Ms Loizos, Ms Berret, Mr Smith, Ms Maricic, Ms Manos and Mr Ovens) and for those Prefects who wished to be considered for a Captains position, a short speech delivered to the whole teaching staff and Prefect body, as to their suitability for the position.

The School Captains are Jana Atanasova, Thomas Lambropoulos
The Vice Captains are Madelaine Allen, Harpal Doad
The Senior Prefects are Nicola Calder-Little, Emily Cvetkovski, Fattoum Diab, April Jiang, Ellen Koutsoykos, Jamie Krstanoski, April McLeod, Isabella Neckovski, Abby Poposki, Victoria Rorris, Sheridan Song, Pear Zheng, Dennis Alima, Costa Dantos, Jacob King, Callum Judd, Liam Judd, Daniel Macris, Ashley McCuaig-Walton, Kiki Tsirli, Pearl Zheng, Dennis Alima, Costa Dantos, Jacob King, Callum Judd, Liam Judd, Daniel Macris, Ashley McCuaig-Walton, Steven Ribaroski. Congratulations to all of our new leaders.

Year 12, 2015, Nears Completion
As you read this newsletter, Year 12 will be in the process of preparing for their HSC exams. Their Trials were held earlier this term and I have been impressed with the way they have continued to attend class to consolidate their learning in order to improve on their HSC Trial results. As part of their final days at Blakehurst High School, Year 12 have continued to raise funds to provide their gift to the school. In Week 9 they held their “Slave Day” — an enjoyable day where the senior students put on performances for the junior years and then auctioned off their services (for things such as note taking; bag carrying etc.) to the younger students for the rest of the day. The day raised over $2000. This money will go towards their gift to the school.

The Year 12 Graduation will be held on Thursday the 17th of September. Their academic, community and sporting achievements are to be acknowledged at this ceremony.

2015 NAPLAN Results
NAPLAN reports were distributed to Years 7 and 9 students in Week 6. Early analysis of the results is very pleasing, and shows the school as a whole is moving forward.

2015 Multicultural Day
The Student representative Council (SRC) organised and ran a very successful Multicultural day in Week 7 this term. The students were treated to musical and dance acts from many cultures as well as diverse foods for recess and lunch. Thanks must also go to Ms Ware who oversaw the organisation and devoted many hours of her own time to help make the day a success.

VET Audit
Also in Week 7 the school underwent an external VET Audit. Credit must go to Ms Simpson and her team of VET teachers for the way they prepared for the audit. We passed the audit with flying colours, reinforcing the excellent opportunities our students have at Blakehurst High School.

Tell Them From Me (TTFM) Parent Survey
This survey is still open and allows you to add your voice to the surveys conducted with staff and students about the teaching, learning and leadership at Blakehurst High School. The responses we receive in 2015 will help shape the school plan we will have in place in the years to come. The survey will take no more than 15 minutes to complete online and is completely confidential. Please paste the following link into your browser’s address bar to access the survey; https://nsw.tellthemfromme.com/j_acegi_security_check?j_username=parent17776&j_password=Bla8236

P&C Meetings
All parents are welcome to attend P&C meetings. The next meeting is on Wednesday the 14th of October, at 7pm in the Staff Common Room.

School Fees
Again I would like to thank all parents for promptly paying their child’s general and subject fees. As I have discussed before, these funds are used for the support of your child’s education this year. Please feel free to contact me or Kim Morris (School Administration Manager) if you wish to seek assistance with paying these fees.
Blakehurst High School

PLEASE USE THIS FORM FOR CREDIT CARD PAYMENTS ONLY

Student Name: ____________________________ Roll Class: _______

Payment For: ____________________________________________

PAYMENT DETAILS: (Please tick on box)

Please debit my credit card for $ _________________________

Name on Card: ____________________________

Card Number: _______________ _______________ ________________

Visa [ ] Mastercard [ ]

Expiry Date: __________/________ Signature: _______________

(Receipt will be sent home with student)

STUDY SKILLS NEWSLETTER TIPS FOR SEPTEMBER

Top 10 Tips for Overcoming Procrastination

Procrastination is the act of putting off a task which you know you have to do, even though you know that putting it off will probably be worse for you in the long run. For example, when you procrastinate about starting an assignment it doesn’t make the assignment go away, or the deadline change, it just gives you less time to get the work done.

To manage this, try the following..

Become aware of the excuses you use - make a mental note when you procrastinate. What excuses do you give yourself? Too tired? Too difficult? Too boring? Being aware is the first step in changing your behaviour. Keep yourself honest by asking questions like “is this the best use of my time at the moment?” and “am I doing this as a way of avoiding what I really should be doing?”

Reduce or eliminate distractions - creating a clear, uncluttered work environment which is free from distractions will help you avoid procrastinating. Turn off your social media or WiFi, turn off your music or TV, close the door. It’s easy to get distracted and lose focus on what you are trying to do, or to procrastinate by surfing websites that are barely related to the topic you are meant to be researching. You can find out more in the Home Study Environment unit and Dealing with Distractions unit.

Make a prioritised list - before you start work (or procrastinating) take a few minutes to work out what your priorities for the session are, based on your deadlines. Take into account all the time you have available and make a prioritised list. Work on the most important thing first (see also tip 7 below). There is more information in the Time Management Skills unit on techniques for prioritising.

Break down projects into chunks - if you have a big task that you have to do, or something that you really don’t want to start, have a think about how it can be broken up into smaller parts. A big assignment might need a plan, the purchase of resources, a trip to the library, internet based research, and then several days to write and edit each section. If you just focus on doing one of these tasks it’s easier to commence.

Just start - stop focusing on getting it done perfectly, or even well, just make a start, even if it’s just for a few minutes. Starting the task makes you realise it’s not as daunting as you originally thought and allows you to make a small amount of progress which encourages you to keep going. Sometimes once you get started you can even do more than you originally thought you could or would.

Reward yourself - set yourself a small goal (to do with the task you are procrastinating about) and then reward yourself appropriately when you complete it. For example, write an outline for your essay and then have afternoon tea. You will be more motivated to complete the task to get the reward. Note: for extreme procrastinators you may need to get someone else to check you’ve done the work and to give you the reward! Learn more about this in the Goal Setting unit.
A Letter from the P & C President
Term 3 2015

We are approaching the end of Term 3. The Blakehurst High School P&C has successfully held all scheduled meetings of this year so far. We have two more meetings to go in 2015.

We would like to invite all parents of Blakehurst High students to attend our very informative meetings. These meetings give you an insight as to what is happening at your child’s school; the upcoming events at Blakehurst High and also give you a voice to express any concerns, praises or questions you may have about your child’s education.

At these meetings you are given the opportunity to collectively decide where to apply the funds accumulated from the Student Enhancement Fee which is paid annually by each Blakehurst High School family.

Every Faculty may have particular needs for their students. They can approach the P&C and request funding for new equipment (camera’s, sporting, scientific); textbooks; electronic devices; programs (Mathletics), which will directly benefit our children. There is so much going on at the school, which your child may not tell you about.

The P&C meetings take place every month. This is a good place for all parents to be informed and kept up to date with the ins and outs, the comings and goings of the school.

If you would like to see what the P&C has contributed to Blakehurst High School in the last few years, you may view the huge variety of items in the past meetings’ Minutes on the school website, but even better, you may attend the next P&C meeting on Wednesday 14th October, 2015 at 7pm in the Staff Common Room.

Hope to see many new faces!

Yours faithfully,

Kerri Mouratidis
President Blakehurst High School P&C
Blakehurst High School has recently purchased the **Skoolbag App** to allow us to communicate directly with you. It works for both smart phones and smart devices. Blakehurst High School Skoolbag App free to download will allow you to keep up-to-date with the following:

1. School events  
2. School newsletters  
3. School documents

It provides a link to our school website and allows you to contact the school directly. Please see the following information on how to download the app and set it up to receive the free notifications.

---

**How to Install Skoolbag On Your Smartphone**

**iPhone & iPad Users**

1. Click the “App Store” icon on your Apple device  
2. Type your school name in the search. (using suburb name will help)  
3. If iPhone, you will see your school appear, click “FREE” then “INSTALL”  
4. If iPad, change the drop list to “iPhone Apps”, your school will then be visible, click “Free” then “install”  
5. When installed click “Open”  
6. Select “OK” to receive push notifications, when asked  
7. Click the “More” button on the bottom right of the App, then “Setup”  
8. Toggle on the Push Categories that are applicable for you

**Android Users**

You must first have signed up with a Google Account before installing the app.

1. Click the “Play Store” button on your Android Device  
2. Click the magnifying glass icon at the top and type in your school name, (using suburb name will help)  
3. Click the school name when it appears in the search  
4. Click the “install” button  
5. Click “Accept” for various permissions (please note, we do not modify any of your personal data on your device)  
6. Click “Open” when installed  
7. Click the “More” button on the bottom right of the App, then “Setup”  
8. Toggle on the Push Categories that are applicable for you
DEPUTY PRINCIPAL’S Report

Term End
We head towards the end of term with excitement and anticipation for the Year 12 cohort who are about to leave us. They have been well prepared for the impending HSC exams by all their teachers who will continue to support them right up to the day of their exam. The Year 12 students also completed an exit poll for me where they gave an honest account of their time here at BHS over the past 6 years. The information has been collated and will be shared with all staff as we make plans for 2016 and ways of improving the engagement and experiences of all students. We wish all the Year 12 class of 2015 a smooth passage through the HSC period and an easy transition from the world of secondary to tertiary study or the world of work.

Year 11
The Year 11 cohort are in the midst of their exams which will continue all the way up to the last day of term. When they return to us in Term 4 they will be beginning their Year 12 courses. We encourage them to enjoy the break before the onslaught of assessments, projects and associated stresses of the HSC year begins. They will be closely mentored and developed by their teachers as they make this progression.

Year 10
...students have had their Subject Advising interviews where their choice of subjects and future options was discussed with them. We aim to ensure all our senior students are enrolled in courses that cater to their interests and abilities and cover any tertiary requirements for courses they are contemplating for the future. On Tuesday 15th September staff will hear the speeches from those students applying for a position as School Prefect for 2016. We wait in anticipation as all our candidates always offer engaging speeches that reflect the maturity and belonging to Blakehurst High they have developed during their time here and their desire to serve the school in their final years.

Year 12 Graduate
We also look forward to the Year 12 Graduation Assembly on Thursday morning, September 17; a wonderful last assembly for our students and their families where achievements can be recognised and celebrated. Ms Evangelinos and Ms Loizos have worked very hard to make this a memorable celebration for all the students whom they have nurtured over the past 6 years.

School Presentation Ceremonies...
This year we are making adjustments to the Presentation procedures. The Junior Presentation ceremony will be moved to an earlier time slot to allow all families to attend and be seated in the Hall. Years 7 and 8 Presentation Day will be held on December 9, at 9.30am, while Years 9 to 11 will remain as usual in the evening timeslot, also on December 9. Please place these dates in your diary to celebrate this important milestone in your child’s school life. More information will follow as we draw closer to the date.

International Literacy Day...
...was on September 8. To make sure we were part of this special day with many other schools around the globe, the Literacy Team and I decided to follow the buzz of the Spelling Bee trend and we began by holding class competitions. The winners of those then proceeded into a year group final and from there the next round of champions progressed into the Stage Finals – Year 7 and 8 against each other and Years 9 and 10 in their own competition. All year groups showed excellent participation and interest, cheering on their friends or year group leaders in the wonderful spirit of light-hearted competition. We also had prizes for audience participation and the Stage winners were awarded iTunes vouchers for their exceptional efforts. We congratulate our 2015 winners, Anabelle Wong in Stage 4, (who graciously passed on her prize to the runner up, Jason Ng) and Ayman Jawad in Stage 5, with the runner up being Hye Mi Sohn.

Literacy week and International Literacy Day...
...will become an annual event on the BHS calendar and the Team and I are already thinking ahead for next year’s activity as we continually work to encourage literacy advancement amongst all our students. I thank all the staff involved in the organisation and the supervision of such a large exercise; it would have been an impossible task otherwise.

If you require further information about any of the matters mentioned above, or anything else pertaining to your child, please contact me.

Mrs V Manos
Deputy Principal
YEAR 12 DRAMA...
...have finally come to the end of their creative journey! This term, we have seen our students complete their Practical Drama Examinations in both Group and Individual. I must say that I was very impressed with the way our students handled themselves under the intense pressure of performing for an audience under exam conditions.

In particular, I would like to take this opportunity to thank the CAPA faculty for their support in the lead-up to the examination period and for their invaluable assistance on the day.

I would also like to say thank you to all staff for their support and understanding in allowing our students time out during our dress rehearsal day. On their behalf, I kindly thank you for your help in preparing our team for their day of performance.

Finally, I would like to wish our Drama students the very best of luck as they begin preparations for their forthcoming HSC Written Examinations.

It has been a pleasure to have taken this journey with you!

....Ms Shaw

MUSIC
Congratulations to Joshua LIN who was selected to participate in the Region Choir, performing at the Opera House on October 27 at the Argyle Concert.
This term, Year 9 has worked on projects including the creation of a front cover page for a glossy magazine. Students took their own photographs using the schools digital SLR cameras, added the title, various forms of typography, teasers articles, backgrounds, bar code and the price on the magazine cover. Here are four examples of their work. They are so well done that they could go straight to print!!

Ms J Jacobsen
Head Teacher & CAPA Team
On the 20th of August, 12 students from the Year 11 Business Studies classes attended the Bxponential Small Business Leadership event, held at the Wesley Conference Centre in the Sydney CBD. It was a seminar where valuable strategies and knowledge were presented, which could be implemented in both businesses and everyday life. This was communicated by several speakers including Peter Moriarty, Tom Steel, Matt Alderton and Terry Hawkins.

**Peter Moriarty - IT Genius**

Peter started IT consulting at the age of 15 in rural Sydney and is now regarded as an expert in small business cloud computing and has been ranked as one of Australia’s top 10 entrepreneurs. During his presentation at 'Bxponential', he revealed that turning off notifications on the phone for emails, Facebook and other apps can result in reduced temptation to open those apps and thus, enable a person to focus on more important priorities. Peter hopes to help as many people as possible to improve their lives through the effective use of technology.

**Tom Steel - Former Special Operations, Defence Force**

Tom Steel is a former member of Australia’s Special Operations Command who now works with businesses to help them create high-performance teams, as well as using his military experience to deliver seminars based on performance under pressure. Through a variety of short, military-based videos, we learned how pressure affects performance as well as how to effectively manage pressure to minimise the negative effects that pressure brings. The approach that we learnt was the 'OODA' process, which stands for:

- Observe,
- Orientate,
- Decide
- Act

By following this process, the most appropriate course of action can be determined, therefore it is an effective form of decision-making that can be utilised by business-owners.

**Matt Alderton - Bxponential**

Matt Alderton was the organiser of the event and the third presenter. He shared his passion for helping people - particularly small business managers - achieve success through growth and development. Matt is an award-winning businessman and entrepreneur, an author, speaker.
and trainer. Recently, he was named Business Person of the Year in the St George Business Awards, and has owned more than a dozen multi-award winning businesses across multiple industries, including retail, hospitality, technology, entertainment and professional development. His past experiences as well as many achievements allowed him to recognise the aspects to achieving success. He shared his personal missions, such as reversing the statistic of the high failure rates of small business. Matt effectively enabled us to gain an insight of the fundamentals of the prosperity of a business and the key features of business which is highly beneficial for our Business Studies course as well as for our future.

Terry Hawkins – People In Progress

Terry Hawkins is a remarkable and inspiring international speaker and educator, who is passionate about providing individuals with key strategies to deal with change, achieving goals and improvement. Her strategies can be applied in a business context and also in the lives of all individuals. Terry captivated everyone in the room including us, the students from Blakehurst High, explaining her own difficulties growing up and how she has used these experiences to improve her life and achieve her goals. The key message Terry was conveying to us was that despite the inevitable negative and positive situations in life that we all experience, there is always a way to turn it around and use it for a better purpose. Terry has created her own ‘Flipman’ figure to represent this idea and remind individuals that there is a better day coming. Terry’s talk was personally the overall highlight of the day as I learnt important values that I know will be useful throughout my life as a student.

...Liam Judd
...Harley Lee
...Victoria Rorris
...Zachary Khaming,
...Thomas Lambropoulos

Presenter: Terry Hawkins, People in Progress, wearing the BHS school tie.
As you are reading this there is a collective sigh of relief that our Year 12, 2015 have graduated. We wish them all the best as they prepare for their HSC and hope that they find that the exam questions play to their strengths. Blakehurst High will be a quieter place with our Year 12’s gone onto their final school exams. We hope after their exams that they enjoy a well-earned rest from study and wish them happiness and success as they embark on the adventure that is life after high school.

**Year 11**

...will need a break after the Preliminary exams to relax and prepare for the year of study ahead of them as they begin Year 12 next term. They will be looking forward to feedback from these exams and their final Year 11 reports. They should look to their reports in order to identify the areas on which they will need to focus in Year 12.

**Years 7-10**

...will also have completed a range of tasks after another busy term. We hope that you have time to sit down with them and have a chat about the highlights of their units of work. Perhaps together you can identify strengths and weaknesses; perhaps ask them what they think their reports might look like at that moment and suggest what they could do to improve their results and get the report that truly reflects their abilities and demonstrates a positive attitude to their studies in English.

We hope that you enjoy some snippets of the poems written by Year 7s; inspired by their research into endangered species. Year 7 teachers certainly enjoyed reading their students’ brochures and listening to their passionate speeches about the species they chose to champion.

We wish our students a restful holiday and look forward to seeing them in Term 4. We hope that you are able to get some valuable family time together over the next two weeks.

**A Report by Ayman Jawad**

...On Tuesday September 8, the Year 8 Spelling Bee finalists fiercely battled against the Year 7 finalists. The session was staged in the school Gym with all of Year 7 and 8 students as spectators. It was intense and the suspense grew every time a word was spelt.

Slowly after each round the competitors were eliminated until there were two students left, Hyemi and Ayman. Afterwards we had a short break and continued.

Finally after a heavy competition of spelling difficult words such as ubiquity, scintillate and therapeutic, Ayman was declared the winner and was awarded handsomely, as were the other contestants. We all agreed we had enjoyed a fun but exhausting day!
Year 7 Poems

Understand the heart of a hawksbill through this poem

I GET MY NAME FROM MY NOTICEABLE BEAK-LIKE MOUTH,

I HAVE AN OUTSTANDING SHELL WITH EXTRAORDINARY SCALES,

THAT ARE HIGHLY VALUABLE AMONG HUMANS,

MY PREDICAMENT IS HAPPENING WITHIN THE OCEAN, AND IT IS INCREASING.

WE’VE EXISTED ON EARTH, OVER MILLIONS OF YEARS,

MY FAMILIES HAVE BEEN DISAPPEARING SINCE THE LAST CENTURY DUE TO YOU GUYS, HUMANS.

OUR DISAPPEARANCE FROM YOU,

SHOULD NOW BE ONE OF YOUR GREATEST FEARS.

DON’T WAIT OR AVOID PLEASE DO SOMETHING TODAY,

YOU WILL SURELY MISS ME UPON AFTER CONSIDERATION.

….by Hawksbill: C’yeap

Poem – The Lion

I am the king of the jungle
but I am not the top of the food chain
I see my family get hunted
these humans don’t understand
why does it happen to us
if they wouldn’t want it to happen to them?

……...Karina Marinkovic
Rhinos only live for 35-50 years. They are also herbivores, which means they only eat plants and not meat. Their horn is worth a lot of money because people use it to make medicine. A poem about the animal –

I lived in the plains  
Now we live in captivity  
There’s only a few of us  
But there was once an abundance  
You can buy our horns on the black market  
I am a black rhino  
Almost at extinction  
We live in fear  
The humans don’t care  
They are greedy a vein  
I will not be killed  
I won’t!  
There is a place for us on this earth  
And they will know  

....K Harrington

An Axolotl poem by one of our donators

In a shifty shop,  
I saw something that was a crossbreed  
Between a teenager with acne and a cute creature,  
The Axoloti stared at me intensely but with depression,  
Images flashed through my mind like a slideshow,  
Images of losing family and home and friends  
All raced through my minds,  
I was filled with sorrow.  
Before I knew all the Axolotis gazed at me  
Filling me with their memories,  
“No, this cannot be happening”, I repeated as if I pleaded for help,  
I dashed for the door,  
Visions of dread kept me from walking  
Chills kept me recalling the incident,  
Grabbing my wits together I returned to the shop,  
To buy one of the creatures  
To gain back their happiness,  
To keep my sanity  
And to dispel the gloom from the world.  

....Brian Tu

Manatee lives in the river,  
They have no predator have no fear.  
They lived in the paradise,  
But humans came in like parasites.  
Getting hit by the boats,  
Ever time it leaves a note.  
They have nowhere to go.  
They lived in a paradise with devils.  
So please help them out.  

....William Wu
**Amur Tiger**

The Amazing and Awesome Amur Tiger  
Muscular paws and powerful fingers  
An endangered yet noble race  
Reduced to Rubbles by the moves of mankind  
It stalks its prey  
And make it pray  
Whether in the tall grass  
Or above the deep snow  
He remains humble by crouching low  
Quick as a blink  
Fierce as fire  
His dull eyes shall shine, when he dines  
Under the sky, under the stars

...Jonathon Wang

---

**Panda’s Problem**

Once I was so happy  
Everything was a breeze  
Without a thing to care for  
I was happily climbing trees

Until they came along…  
“We need more roads” they say  
But they never knew  
That they were beyond wrong

And now we are dying  
As more of us are gone  
Don’t know how we can last  
I don’t know how we can dwell on

But now we’re coming back  
For now they are helping us  
And now I’m so happy  
Because we’re finally back on track

...Kelly Liang

---

**Unbalance**

I am black yet white,  
I am big in size yet small  
in number,  
I play fair yet a selfish crime  
return,  
I am symbolic yet my significance  
is fading away,  
I can disappear yet my shadow will  
stay,  
I have no faith yet my only hope is  
You

...Leran Li
TAS Home Economics Update

Year 12 Textile and Design Major Projects 2015

Our Year 12 Textiles and Design students of 2015 have excelled this year with their Major Textile projects. Each project is unique and many hours of hard work have gone into the making of these exquisite projects.

Each of our students started out with a concept in mind and with the assistance and guidance of their Textiles teacher, Mrs M Allen, each concept was refined. After many months of hard work and long hours, they handed in their final projects.

We are extremely proud of each of our Year 12 Textiles students and the work they have put in to their projects. The invaluable assistance and guidance from their teacher, Mrs M Allen is also greatly appreciated.
Primary Links 2015 - Carlton South Primary School

On Wednesday 26th August 2015, Carlton South Primary School came for a Primary Links visit. We spent the afternoon making delicious muffin pizzas. The students enjoyed their high school experience and worked well together in their groups.

Year 12 - Good Luck!

As Term 3 is fast coming to a close, I want to wish our Year 12 CAFS, Textiles, Hospitality and Food Technology students all the best in their HSC next term.

Have a safe and restful holiday with your families. We will see you in Term 4.

Mrs N Dexter
Head Teacher Home Economics
From the CAREERS Adviser…

Meet a Keeper Taronga Zoo Excursion:

On Thursday the 10th of September Mrs Jefferys and I travelled to Taronga Zoo with twenty year ten students for the Meet a Keeper excursion. Meet a Keeper is a one-day program for school students who have expressed a keen interest in pursuing a career that involves working with animals. The unique program included a seminar presented by a talented panel of zookeepers, zoo educators and other zoo staff members. Students had the opportunity to learn about all aspects of zoo keeping including:

Qualifications required:
- Career opportunities
- Core responsibilities
- Career structures

Representatives from the Taronga Training Institute gave students an overview of the types of courses on offer. These included certificate qualifications in:
- Animal Studies
- Captive Animals
- Tourism

The zoo staff encouraged students wanting to develop their skills in working with animals to apply for the "Youth At The Zoo" (YATZ) volunteer program. YATZ is a fun, educational program for 13-19 year olds held at Taronga Zoo during school holidays. Participants get the opportunity to learn about many aspects of zoos and gain such opportunities as working with the zookeepers and other young people with a genuine interest in animals.

After the seminar students had the opportunity to explore the zoo before making their way to our behind the scenes seal show. Students particularly enjoyed watching the seal show as we were given the opportunity to watch an entertaining seal training session.

An enjoyable day was had by all and students left with a better understanding of how to pursue a career working with animals. Students are pictured below enjoying the zoo.
University Seminars:
This term representatives from leading universities were invited to Blakehurst High School to present a series of recess seminars to Year 12 students. The seminars were an excellent opportunity for students to gain specific course information, find out about the various programs offered at each university and hear about life on campus from current students. Representatives from the following universities presented seminars which covered information on courses on offer, scholarships, life on campus and a variety of other topics including:

Sydney University:
Early Offer Year 12 (E12) Scheme
Flexible Entry Scheme
Elite Athletes and Performers Scheme

University of Wollongong:
UOW Early Admission
UOW College - Step to UOW
Points to UOW and Regional Bonus Points

University of New South Wales:
Faculty of engineering Admission Scheme
Hsc Plus - Elite Athletes and Performers Program
Australian Aboriginal & Torres Strait Islander Admissions Scheme
Academic Achievement Award Scholarship

University of Western Sydney:
Regional Bonus Scheme
UWS Subject Bonus
UWS College Diploma & Foundation Studies Courses - The Unitrack Program

University of Technology Sydney:
UTS Guaranteed Entry Scheme
School’s Recommendation Scheme
UTS Insearch - Elite Athletes and/or Performers Scheme
Jumbunna Indigenous House of Learning

Notre Dame University:
How to apply directly to Notre Dame
The Tertiary Enabling Program
Young Achievers Early Offer

There was a large number of students in attendance at each of the seminars. Students commented that the seminars were very useful and informative. I strongly encourage students to apply for all schemes and scholarships on offer which are relevant to them.

Ms Evers
Careers Adviser
I have written before about the importance of students continuing to read for pleasure at high school. There is a high correlation between readers and academic success. Hence, Blakehurst High puts at high emphasis on promoting reading: we have DEAR time, students participate in the **Premier’s Reading Challenge** and students are encouraged to read widely for English. Recently, I heard reported other very important benefits of reading fiction for students, and us all.

"Neuroscientists have discovered that reading a novel can improve brain function on a variety of levels. The recent study on the brain benefits of reading fiction was conducted at Emory University. The study titled, "Short- and Long-Term Effects of a Novel on Connectivity in the Brain," was recently published in the journal *Brain Connectivity*.

The researchers found that becoming engrossed in a novel enhances connectivity in the brain and improves brain function. Interestingly, reading fiction was found to improve the reader’s ability to put themselves in another person’s shoes and flex the imagination in a way that is similar to the visualization of a muscle memory in sports." *Psychology Today* [www.psychologytoday.com](http://www.psychologytoday.com)

The study also linked fiction reading with improved mental health and happiness. I have always known that reading is such a great thing to do and have been keen to promote reading for pleasure at Blakehurst High School. Now there is another reason to encourage students to find the right book for them to enjoy.

Get started with some reading over the holidays with our regular "Holiday reading" offer. Once again, students will be able to borrow 4 novels or the holidays as well as their non-fiction allowance (for Juniors 2 books, seniors 4).

We have just purchased some great sequels to some of our favourite books. Encourage students to come and borrow one for the holidays. Try reserving a book before coming up to the Library with our new Oliver system and we will have it waiting ready to borrow. Log in to the Student portal/My Oliver/Search for a book and reserve it! Or come and ask us for help.

**Legacy of Kings** – Eleanor Herman

Imagine a time when cities burn and in their ashes, empires rise. Katerina is on a mission to kill the queen; falls in love with Alexander, Prince of Macedonia. Jacob will go to unthinkable lengths to win Katerina, even if it means having to compete with Hephaestion, a murderer sheltered by the prince. And far across the sea, Zofia, a Persian princess and Alexander’s unmet betrothed, wants to alter her destiny by seeking the famed and deadly Spirit Eaters.
65 Storey Treehouse! By Andy Griffiths
Queen of Shadows by Sarah J Maas – Book 4 of Throne of Glass
Demon Road by Derek Landy – from popular series Skulduggery. This book kicks off with a shocking opener and never lets up the pace in an epic road-trip across the supernatural landscape of America with killer cars, campire etc.
Wonder by RJ Palacio – a new edition that includes chapters written from the point of view of other main characters.
Ugly by Robert Hoge – an interesting read and a true story about himself and his life.
Me & Earl and the Dying Girl by Jesse Andrews which has also been released at the movies.

2015 Premier’s reading challenge

Congratulations to the following students who were successful in completing the 2015 Premier’s Reading Challenge. Certificates will be presented later in the year and I anticipate we will also have some medals, gold and platinum awards to present.

Year 7
J Bozdas, K Chen, a Choy, K Harrington, F Kokkinas, K Law, A Li, L Li, K Liang, K Marinkovic, H Mavrolefteros, M Strbac, B Tu, A Wang, J Wang, Y Wu, V Yan, Q Yeap, S Yu, Y Zhang, Z Zhang, Zhi Zhang, A Zhou, J Zhu

Year 8
G Bogdanovski, G Chen, M Chen, S Chen, C Cheung, B Driscoll, V Gorgijevska, A He, J Hughes, H Jiang, E Kamunaga, I Lai, B Liu, S Maharjan, E Nazarova, M Pan, P Pavlenko, D Riquelme, R Shopov, H Sohn, P Tao, I temelkovski, V Vuong, A Watt-Smith, T Winarta, E Wong

Year 9
A Assi, c Chen, Q chen, C Diasinos, C Dokos, K Ghassa, S Ibrahim, J Lie, D Sandel, J Shin, S Singh, B tong, Z Wang, O Winarta
Good Bye Blakehurst High School
This is my last Newsletter as I will be retiring at the beginning of Term 4. I would like to thank my administrative assistants in the Library, Mrs Dale Maver and Mrs Dena Hatzaras for their help in keeping the Library running smoothly every day. Mrs Anne Larson and Mrs Jennifer Davoren, who have job shared with me recently, and the whole school staff at Blakehurst High School, I have not worked with a better teaching staff.

Most of all I would like to thank the wonderful students here at Blakehurst High. They have made my job a pleasure. I am very fortunate to have worked with so many enthusiastic readers. A few weeks ago Arij Ebeid from Year 10 left our school. She had been a keen reader; a member of the Book Café and worked as a Library volunteer. Her father wrote for Blakehurst High “And the best companion in time is a book”. I couldn’t agree more!

Ms A Alchin/Ms J Davoren
Teacher/Librarian

Skoolbag have advised us that the App will work on the new iOS 9 system due for release on September 16. They have warned that it will NOT work on the beta version which will be released at the same time.

Ms A Alchin
Coordinator
On the 8th of August, I attended my first Hazard Reduction as a volunteer fire fighter in the NSW Rural Fire Service. Our crew from Heathcote were tasked along with many other RFS crews from the Sutherland Shire district to remove 20 tonnes per hectare of fuel down to only 5 tonnes across a 30 hectare burn sight. This was a vital operation in insuring the safety of up to 250 homes in the Engadine area if the event of a severe bushfire was to occur.

All crews first assembled at Engadine RFS for a briefing at 10am. After sectors were divided and crews set with their tasks, we set out into the field to begin preparing for the burn. I was tasked with lighting the bush and property protection which I soon discovered was extremely demanding work. I have also come to realise that a high standard of team work and communication skills will be required to attend a full scale bush fire that may very well occur this upcoming fire season. Attending this hazard reduction also allowed me to witness how powerful and dangerous fire can potentially be. It’s a force that can be very devastating, and rapidly spreads within minutes of its ignition.

With this year confirmed as an El-Niño, the upcoming fire season could be potentially devastating. It is vital that you and your family have a home fire plan and are prepared ahead of this coming fire season. Regardless if you or your relatives live in a rural area surrounded by bush, or in an urban area, be prepared. For any further information on being prepared this fire season, or volunteering as a fire fighter, visit www.nswrfs.com.au

…..Michael Amey
…..2015 School Captain
News from…..

Mathematics

Australian Maths Competition
The results are in and are pretty impressive (our high distinction also got 25 correct answers in a row!)…..certificates will be handed out on assembly when received and at that time we'll publish the names of the highest performers.

Mathematics in Surveying
On Friday 15 August, 16 excited Year 10 students went on a surveying excursion to Bicentennial Park.

These students got the opportunity to try, and learn about, a range of surveying equipment and techniques, in order to give them an idea of what it would be like to do surveying as a job. Some of the activities that we participated in were:

- measuring the height of a tower using a "total station", this machine measures angles, distances and heights extremely accurately, and are worth around $4,000. We were very privileged to use such a high tech machine
- mapping a garden using a compass, tape measure, and G.P.S points system, then we used computer aided design software to put the information we gathered mapping the garden into a digital image
- learning about the history of surveying and how surveying was used help to build the pyramids
- learning how UAVs (Unmanned Aerial Vehicle), work and what they are used for
- learning how to use shadows to calculate the height and length of things, and we found the radius and circumference of the earth by measuring the length of shadows in Rockhampton and Bicentennial Park.

Overall it was a lot of Maths for one day, but it was so much fun we didn't even realise. A perfect way to end the week.

....Hayden Smith (10MC)
Year 11 General Mathematics

In the preliminary course all students studied a common General Mathematics course. For the HSC, however, there are two courses available for study – General 2 and General 1.

We will be talking to all the Year 11 students in class early in term 4. We will be assuming that all wish to study the General Mathematics 2 course unless we are told otherwise. We’ll be providing an information sheet and form for signature for any student who wants to change to General Mathematics 1.

But so that you can start having that conversation, following is a brief summary of each course.

**General Mathematics 2**
- Is a Board Developed Course (BDC), and as such contributes two units towards the minimum of six BDC units required to be eligible for award of the HSC.
- Has an HSC examination.
- Contributes two units towards the calculation of an ATAR (Australian Tertiary Admission Rank).

The **HSC General Mathematics 2 course** is for students who have demonstrated a **high level of competence** in the Preliminary General Mathematics course. The course includes a large variety of real-world applications for a range of concurrent HSC studies such as in the life sciences, humanities and business studies. It provides a strong foundation for a broad range of vocational pathways, as well as for a range of university courses.

**General Mathematics 1**
- Is a Content Endorsed Course (CEC) – it contributes two units towards the 10 units required for study in Year 12. It DOES NOT contribute to the six units of Board Developed Courses required to be eligible for award of the HSC.
- Has NO HSC examination.
- The two units of the course DO NOT count in the 10 units required for the calculation of an ATAR.

The **HSC General Mathematics 1 course** is for students who have demonstrated **competence** in the Preliminary General Mathematics course. The course includes a large variety of real-world applications for concurrent HSC studies such as vocational education and training courses, other practically oriented courses and some humanities courses. It provides an appropriate foundation for a range of such vocational pathways, either in the workforce or in further training.

Students should consider which course is better suited to their skills and aspirations, and they are encouraged to discuss this with their parents/carers and classroom teacher.

---

**Nearly 50 Lives Saved!**

In our recent donation drive, potentially 48 lives were improved or saved by the generous donation of blood by sixteen Year 10 and 11 students. Thank you, and well done to all of you!

The next donation drive will be near the end of Term 4, so if you are in Year 10 or Year 11 and have not donated in the past 12 months, listen out for the message in roll call next term.

To donate blood, you need to be 16 years and meet the health requirements, and you can only donate once in a 12 month period if you are under 18 years. Once you turn 18 you can donate up to 4 times a year. The Red Cross send a vehicle to transport you to the donor centre at Miranda and will bring you back to school afterwards. You can anticipate being away from school for up to 2 hours (although the donation itself takes around 10 minutes).

Mrs A Peachey
Head Teacher Mathematics
2015 National Adolescent Vaccination Program...

- Visit 1 - March 13, 2015
- Visit 2 - June 12, 2015
- Visit 3 – October 30, 2015

### Vaccinations All Year 7

- **Visit 1**
  13/03/15
  (HPV) Human Papillomavirus Vaccine Dose 1

- **Visit 2**
  12/06/15
  HPV Dose 2
  Diphtheria, Tetanus, Pertussis (Whooping Cough)
  Dose 1 Catch ups

- **Visit 3**
  30/10/15
  HPV
  Chicken Pox

### Vaccinations Year 8 Catch Up ONLY

- **Visit 1**
  13/03/15
  (HPV) Human Papillomavirus Vaccine Dose 2/3 for students who didn’t complete in 2014

- **Visit 2**
  12/06/15
  (HPV) Human Papillomavirus Vaccine Dose 2/3 for students who didn’t complete in 2014

- **Visit 3**
  30/10/15
  (HPV) Human Papillomavirus Vaccine Dose 2 or 3 for students who didn’t complete in 2014

### Vaccination All Year 11 & 12 – One Dose Only

- **Visit 2**
  12/06/15
  MMR Vaccine.
  These students must not drive for 30 minutes after vaccination.

---

Mrs J Smith
Welfare Coordinator
Greetings to all!
The SRC team had a very successful day on Friday the 28th of August to acknowledge our multi cultural heritage in the form of Multicultural day. We were blessed with blue skies and balmy weather which enhanced the celebrations.

We were pleased to have Auntie Fay and Auntie Jane at the whole school assembly, which was held after roll call, for welcome to country. The multicultural banner was ceremoniously cut by our distinguished guests to officially declare BHS Multicultural day open.

All the students then attended period 1, and congregated in the Quad area where all the different food stalls were set up, selling various items such as French pastries, Nutella Crepes, Hot foods, and Sushi rolls.

The Falafel corner was very popular as it was selling home made felafel rolls lovingly prepared by a member of staff’s wife. Thank you Mrs Irani.

The Italian corner was also very busy with the sale of multi flavoured gelato.

Period 2 was as normal, while in period 3, the seniors were entertained by the professional entertainers hired for the day.

Lunch was another busy culinary session where we offered the ever popular pizzas and the team in the BBQ corner were slaving over a hot stove to provide lamb souvlaki with tzaziki and the good old aussie sausage sizzle.

Period 4 saw the Year 10 reluctantly returning to their classrooms, while the junior students took their spot in the hall to be entertained and also take part in the activities on stage. To all who have helped, a big thank you

Ms G Ware
SRC Coordinator
LOTE Report

I would like to take this opportunity of thanking my team in LOTE. It has been a very busy term with the Languages Camp, Primary Links, HSC Oral Examinations and of course both Mrs Loizos and Miss Evangelinos have been very busy organising Graduation Day for the Year 12. I personally cannot believe how quickly the last 6 years have gone. The LOTE Staff would also like to wish all our Language Students the very best in their HSC Exams.
Language Camp

What a fantastic two days Year 9 Languages students enjoyed at the Pirate themed Languages Camp. They participated in a variety of language activities such as a treasure hunt; find the treasure and many more. These activities were created by Miss Lao and Miss Winston and students were able to showcase their language skills. Of course no Language camp would be complete without the mandatory cooking session. This year they rocked the night away to a Pirate themed disco with prizes awarded for the best pirate costume. Each language class also prepared a presentation that had the sea as its main theme. The French presented La Sirenne the Little Mermaid, the Italians Pinocchio, the Japanese Urashima Tarouand, the Chinese. A great time was had by all and a special thanks must go to the organisers Miss Lao, and Miss Winston who were inspirational in developing new engaging activities for our students. My thanks also goes to Mrs Smith and Miss D’Arcangeli without whom this event could not take place.

On August 24 the Year 9 Language classes stayed on an overnight camp at Stanwell Tops. The Japanese, Italian, French and Chinese classes all performed a play in their original language, then there was under the sea. Despite the miserable, cold weather we all enjoyed the outside activities which were the Giant Swing and Go-Carting. Everyone made traditional food from their countries which we ate at the pirate themed disco, where everyone had so much fun.

....Rebecca Watson
...Year 9
キャンプ
8月24日〜25日

*Stanwell Tops にいきましました。
*ディスコをしました。
あおのゲームはとてもおもしろいです！
きとりやぎょうざやぎざをたべました。
モカやお茶やコーヒー ヤホトチョコレート
をのみました！
*まことにおいしかった！！
*キャンプはとてもたのしい

がったです！
Carlton South Primary Links Visit

When the Carlton South Primary School visited the Languages department at Blakehurst High School they learned about Carnevale and created some wonderful masks to take home.

They were ably assisted by the talented Year 10 French Class. There were some very creative and talented students.

Mrs A Mangraviti
Head Teacher LOTE
PDHPE Faculty Report

**Year 12**
The PDHPE team would like to wish all Year 12 students good luck in the HSC. It has been a pleasure to teach you all over the last 6 years and we would like to wish you all the very best for the future in any endeavours that you pursue.

**Year 11**
Year 11 2 Unit PDHPE will have completed their Preliminary course at the end of this term. The work that has been studied and learnt is classified as assumed knowledge for the HSC course and even though it is not examinable it is essential that you have a thorough knowledge and understanding of the entire Preliminary course. This will enable you to understand and perform to your best in the HSC. It is also essential that, as the year 12 HSC course commences next term, you begin term 4 with a mature and positive nature to achieve your best possible outcome. The Sport, Lifestyle and Recreation classes have made pleasing progress in their course with all students gaining valuable knowledge about healthy lifestyles, resistance training, good nutritional habits and coaching including completing the Australian Sports Commission online Community Coaching course.

Year 11 will be receiving information regarding the **25 Hour PDHPE Cross Roads** course at the beginning of Term 4. (As per letter on following page) This course is COMPULSORY for all students who attend NSW State High Schools. At Blakehurst we complete the course in the activity period at the end of Term 4 (Monday 14th December up to and including Wednesday 16th December), before the students go on holiday. This course consists of three days of different activities including: CPR/Resuscitation Certificate, Guest Speakers/Presenters and The Tops Adventure Day. The cost for this course is $110 which covers all costs. Permission notes and payment are required by Friday 4th December. Any student who does not complete the practical course will be required to do a 5,000 word theory assignment. No student will commence Year 12 in 2016 until this course has been satisfactorily completed.

**Year 10**
The year 10 cohort is working towards completing their Stage 6 PDHPE course. The final Personal Development and Health unit of work is called “Handling Challenges”. This deals with the daily challenges that young people face, the opportunities that are available to them, and the stress management techniques that can be used to deal with the challenges of everyday life as they mature into young adults.

**Years 7 to 9**
These years are all working towards finishing their respective PDHPE programs in both the practical and theoretical components of the course. PDHPE is a course where students can achieve outcomes that are going to assist them in dealing with situations that they will confront as they mature into young adults. They are given the opportunity to investigate and resolve situations that are sometimes common among young people. It is hoped that they will use these opportunities to develop skills enabling them to deal effectively with everyday challenges that they confront.

**PE Uniform**
All students are required to bring their PE uniform to school and get changed for their lesson. If a student cannot participate in a practical lesson they must bring a signed parental/caregiver note explaining the reasons for non-participation.

Yours in Sport
IMPORTANT INFORMATION FOR PARENTS/CAREGIVERS

LAST WEEK OF SCHOOL IN 2015

MONDAY 14TH TO WEDNESDAY 16TH DECEMBER

Dear Parent/Caregiver,

During the last week of Term 4, Monday 14th December up to and including Wednesday 16th December, ALL students will be participating in COMPULSORY programs to ensure that the last three days of school are productive, beneficial and enjoyable.

Each year group will have specifically designed programs as follows:

- Year 7- A Learn to Swim/Stroke Correction/Life Saving Program at Carss Park Pool,
- Year 8- An Activities Program where students chose an activity to participate in for the three days. These activities may include: Sights of Sydney, Fishing, Movie Appreciation, Sporting Pursuits or Table Tennis. Venues and costs will be dependent on the activity,
- Year 9- Peer Support Training and selection of Peer Support Leaders for 2016,
- Year 10- Senior Learning and Management Program(SLAM) including the COMPULSORY “All My Own Work” Course,
- Year 11- 25 Hour COMPULSORY PDHPE Cross Roads Course including: A Resuscitation Certificate, Expert Guest Speakers who discuss lifestyle issues that are prevalent and sometimes dangerous for young people and a day visit to Cataract Adventure Park where students will participate in activities such as caving, abseiling, a giant waterslide, flying fox and challenge valley to develop strong and trusting bonds between the students in Year 11.

The school looks forward to your support in ensuring that your child attends these three days. A great amount of time and effort has gone into ensuring that your child has the most beneficial learning experience during this time.

More specific information for each year group will be forwarded with your child in the early weeks of Term 4, but if you require any information in the interim I can be contacted on 9546 3281.

Mr A Yelavich
Head Teacher PDHPE
With the completion of Winter Grade Sport and the commencement of Summer Sport, we have finished the Term III off on a positive note. Blakehurst High School had 16 teams contesting grand finals in Week 6 – Wednesday 19th August and I am very pleased to announce that we were premiers in 7 of these finals. What a wonderful achievement by a talented and enthusiastic group of students, with many thanks to the teachers who coached these teams throughout the year. Congratulations to the following teams who were Premiers in the Winter Grade Sport Championship.

<table>
<thead>
<tr>
<th>SPORT</th>
<th>DIVISION</th>
<th>TEACHER</th>
<th>SCORE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basketball</td>
<td>15B Girls Basketball</td>
<td>Ms Hawkins</td>
<td>24-21</td>
</tr>
<tr>
<td>T/ Tennis</td>
<td>2nd Grade Girls</td>
<td>Ms Daley</td>
<td>4-2</td>
</tr>
<tr>
<td></td>
<td>14B Girls</td>
<td>Ms Bourtsoukis</td>
<td>4-2</td>
</tr>
<tr>
<td>1st Grade Boys</td>
<td></td>
<td>Mr Jenkins</td>
<td>5-1</td>
</tr>
<tr>
<td>Netball</td>
<td>U/13A Girls</td>
<td>Ms Berrett</td>
<td>15-12</td>
</tr>
<tr>
<td>Soccer</td>
<td>U/13B Boys</td>
<td>Mr Black</td>
<td>3-0</td>
</tr>
</tbody>
</table>

Congratulations also to the following teams, who have done an incredible job to make it to the Grand Final, but unfortunately were beaten. The Runners Up in the Winter Grade Sport Championship were:

<table>
<thead>
<tr>
<th>SPORT</th>
<th>BOYS/GIRLS</th>
<th>TEACHER</th>
</tr>
</thead>
<tbody>
<tr>
<td>Basketball</td>
<td>Open 1st Grade Girls</td>
<td>Mr Huxley</td>
</tr>
<tr>
<td></td>
<td>15A Girls Basketball</td>
<td>Ms Hawkins</td>
</tr>
<tr>
<td>Table Tennis</td>
<td>2nd Grade Girls</td>
<td>Ms Daley</td>
</tr>
<tr>
<td>Soccer</td>
<td>14A Boys</td>
<td>Mr Irani</td>
</tr>
<tr>
<td></td>
<td>13A Boys</td>
<td>Ms Pappas</td>
</tr>
<tr>
<td></td>
<td>15B Girls</td>
<td>Ms Butler</td>
</tr>
<tr>
<td>Rugby League</td>
<td>14B Boys</td>
<td>Mr Smith</td>
</tr>
<tr>
<td>Tennis</td>
<td>14A Boys</td>
<td>Ms Winston</td>
</tr>
<tr>
<td></td>
<td>15B Boys</td>
<td>Mr Kumar</td>
</tr>
</tbody>
</table>

Trampolining
Congratulations to Melinda Gray-Schwarz and Rebecca Gray-Schwarz who recently competed at the NSWCHS Trampolining Championships. Both girls performed exceptionally well. It is fantastic to see two outstanding students representing their school at the State Championships. Congratulations girls!

OZTAG
Congratulations to all teams who participated in the recent OZTAG K/O held at Scarborough Park on the 11th of August. We had some excellent results and they are as follows:

- Years 7/8 Girls – lost in the semi finals
- Year 7/8 Boys – won the Grand Final
- Year 9/10 Boys – lost in the Grand Final
- Year 11 Girls – lost in the semis

Tennis
Congratulations to Taylor-Maree Doncevski who recently gained selection in the Sydney East Girls Tennis side. Well done on an excellent achievement and Blakehurst High wish you luck in the upcoming competition.

Upcoming Events

- Senior Grade Sport Summer Finals – Oct 28th & Nov 4th
- Junior Grade Sport Summer Finals – Nov 18th & Nov 25th

Sport Websites

The following Sport Websites are useful for school sport notices, Zone sport information and Sydney East Knock Outs and Representation.


Regards,

B Kemp
Sports Organiser
SPRING HOLIDAY CAMPS
DON’T MISS OUT

✅ New friendships ✅ Fun
✅ Great value ✅ Safe

Our popular Spring Kids’ and Family Holiday Camps are filling fast. Find out what’s on including our popular Cooking 4 Kids, Adventurer, Kids’ Club and Duke of Edinburgh camps plus lots more.

Led by qualified instructors, you can rest easy knowing your kids are in safe hands. Our Kids’ Camps are suitable for kids aged 7 and over and range from 1 to 5 days.

Residential Kids’ Camps include:
- 24 hour supervision
- Instructor led activities
- Accommodation
- Meals
- Supervised transport

Family Camps include:
- Instructor led activities
- Meals
- Accommodation
- Use of all facilities i.e. BBQ area, pool, tennis courts etc.

sportandrecreation.nsw.gov.au/familycamps
sportandrecreation.nsw.gov.au/kidscamps
fb.com/nswsportandrecreation  13 13 02
ENGAGING ADOLESCENTS™
PARENT WORKSHOP

Parenting skills for resolving teenage behaviour problems

Maintaining positive and constructive channels of communication is one of the most important skills that adults must have when living with teenagers. This workshop aims to provide parents with effective tools and strategies in the following:

- Identifying normal and acceptable teenage behaviour
- Family life with teenagers and how to build positive and respectful relationships
- How to manage challenging behaviour from your teenager

WHEN: Saturday 14 November 2015
TIME: Please arrive at 9.15am for registration.
The course runs from 9.30am to 3.30pm
WHERE: Pagewood Central Library, Westfield Eastgardens Shopping Centre
Banks Ave, Eastgardens NSW 2035
COST: $20 includes course workbook, morning tea, lunch and afternoon tea
BOOKINGS: Please contact Patrick or Yasmin on 9366 3889 or Secimy@botanybay.nsw.gov.au

This group has been proudly sponsored and supported by Botany Bay City Council

City of Botany Bay

The Deli
Women & Children's Centre

• An end to the arguing and yelling! • It saved our lives • Simple, sane, effective •

This course is being run by a Parentshop® licensed practitioner. www.parentshop.com.au
### EVERY MINUTE COUNTS....

<table>
<thead>
<tr>
<th>When your child misses just...</th>
<th>that equals...</th>
<th>which is...</th>
<th>and therefore, from Kindy to Year 12, that is...</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 minutes a day</td>
<td>50 minutes of learning each week</td>
<td>Nearly 1/2 weeks per year</td>
<td>Nearly 1/2 a year of school</td>
</tr>
<tr>
<td>20 minutes a day</td>
<td>1 hour and 40 minutes of learning each week</td>
<td>Nearly 2/3 weeks per year</td>
<td>Nearly a year of school</td>
</tr>
<tr>
<td>1/2 hour a day</td>
<td>1/2 a day of learning a week</td>
<td>4 weeks a year</td>
<td>Nearly 1 1/3 years of learning</td>
</tr>
<tr>
<td>1 hour each day</td>
<td>1 whole day of learning each week</td>
<td>8 weeks per year or nearly a term a year</td>
<td>Over 2 1/2 years of learning</td>
</tr>
</tbody>
</table>

Your child’s best learning time is at the beginning of the day...
**Check the time your school starts. DON’T BE LATE!**

### EVERY DAY COUNTS....

A day here or there doesn’t seem like much, but...

<table>
<thead>
<tr>
<th>When your child misses just...</th>
<th>that equals...</th>
<th>which is...</th>
<th>and therefore, from Kindy to Year 12, that is...</th>
<th>This means that the best your child can achieve is...</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 day each fortnight</td>
<td>20 days per year</td>
<td>4 weeks per year</td>
<td>Nearly 1 1/3 years of school</td>
<td>Equal to finishing Year 11</td>
</tr>
<tr>
<td>1 day a week</td>
<td>40 days per year</td>
<td>8 weeks per year</td>
<td>Over 2 1/2 years of school</td>
<td>Equal to finishing Year 10</td>
</tr>
<tr>
<td>2 days a week</td>
<td>80 days per year</td>
<td>16 weeks per year</td>
<td>Over 5 years of learning</td>
<td>Equal to finishing Year 7</td>
</tr>
<tr>
<td>3 days a week</td>
<td>120 days per year</td>
<td>24 weeks per year</td>
<td>Nearly 8 years of learning</td>
<td>Equal to finishing Year 4</td>
</tr>
</tbody>
</table>

Give your child every chance to succeed...
**Every day counts!**


It's All About Attitude

When students start secondary school, they are usually very positive and optimistic about school. Then things can start to get harder, a bit more challenging, maybe they get a bad mark and become discouraged, or maybe their friends start to influence their attitude. Some students are able to overcome these challenges, while others let it affect their attitude and application to school.

Take the time to determine reasons to put in effort into your schoolwork.

Think about which of the following reasons might be motivating for you:

- To achieve the best mark you are capable of at school.
- To give you lots of options for what subjects you can choose in the senior years.
- To give you lots of options of what you can choose to do when you leave school.
- To have a personal sense of satisfaction about doing your best.
- To show your gratitude to your parents for giving you an education.
- To avoid getting in trouble from your teachers.
- To avoid getting in trouble from your parents.
- To avoid getting a detention or other negative consequences from not working.
- To avoid disappointing your parents.
- So you don’t feel bad about wasting your parent’s time and money giving you an education.

We often talk about ‘carrot’ and ‘stick’ people. If you want a donkey to move forward, you can either lead it forward with a carrot (a reward) or whack it with a stick (punishment).

Some students are motivated by working towards rewards, positive consequences of doing the right thing, while others are motivated to avoid negative consequences. Which do you think you are?

Understanding what motivates you and what affects your attitude can make it easier for you to make positive changes.

Learn more this year about how to motivate yourself and deal with distractions and procrastination by working through the units on www.studyskillshandbook.com.au. Our school’s access details are:

Username: blakehursths
Password: 186 results

Visit the THINGS TO PRINT page to download the latest HELP guide: MASTERING MIDDLE SCHOOL.
BUILDING RESILIENCE IN CHILDREN AND TEENS

An evening with
ANDREW FULLER

Author of
LIFE: A GUIDE, TRICKY KIDS (First),
HELP YOUR CHILD SUCCEED AT SCHOOL (Bryhead Press),
TRICKY PEOPLE, RAISING REAL PEOPLE (ACER),
FROM SURVIVING TO THRIVING (ACER),
WORK SMARTER NOT HARDER and BEATING BULLIES.

Andrew has also co-authored a series of programs for the
promotion of resilience and emotional intelligence used in over
3800 schools in Britain and Australia called THE HEART MASTERS.

Tuesday 27 October
St George Bank Auditorium, Kogarah
6:30pm – 8:30pm (Light supper provided)

Cost FREE but bookings are essential and spaces are limited

Book via http://andrewfuller-buildingresilience.eventbrite.com.au

Contact amegarrity@hurstville.nsw.gov.au or
call 9330 6063 for more information

Topics covered will include:
- The active ingredients of resilience
- How parents can develop these in their children
- Friendship skills
- Parenting tricky kids
- Creating happy kids
- Building self-esteem and dealing with set backs
- How to talk to boys and girls
Create your very own “Zine”

Zines (pronounced ‘zeens’, shortened from the word ‘magazines’) are small independent publications.
Get your ideas, stories or art published by creating your very own Zine.
Equipment and materials included.

BOOKINGS ESSENTIAL
www.kogarahlibrary.eventbrite.com.au
or 9330 9527
ENQUIRIES:
shok@kogarah.nsw.gov.au

SOUTH HURSTVILLE LIBRARY
Monday 28 September
10 – 12 noon

KOGARAH LIBRARY
Tuesday 29 September
10 – 12noon

OATLEY LIBRARY
Wednesday 30 September
10 – 12noon

www.kogarah.nsw.gov.au
Seeking Hosts/Carers for our

High School International Students

- **ENJOY SHARING** the ‘Australian lifestyle’ with visiting students.
- **EXPERIENCE THE REWARDS** of close cultural relationships.
- **MAKE NEW FRIENDS** from around the globe that can last a lifetime.

If you would like to host an international student attending our school, then please contact

one of the registered Homestay Providers listed below

or

visit their websites for details on how to apply today!

All Homestay Providers offer 24 hour friendly service and support to students and their registered host families.

**AUZZIE FAMILIES Homestay Care**
www.auzziefamilies.com / info@auzziefamilies.com / (02) 9301 0900

**OZ HOMESTAY**

**STAY DOWN UNDER**
Do you want to make a difference in the life of a child?

Local foster carers needed

Family and Community Services are seeking people in the local area to provide short term and crisis foster care for children and young people 0–18 years that are unable to live with their own families.

Individuals, couples and families from varied backgrounds and cultural groups are required.

Aboriginal and Torres Strait Islander people are encouraged to apply.

All carers receive training, ongoing support and financial assistance.

If you are interested in making a difference and helping children reach their full potential, please call 02 9785 5000 or email fosteringwithfacs@facs.nsw.gov.au
Information for Parents and Students:

**Great news!**

Our school has subscribed to the ELES Online Study Skills Handbook.

The ELES Online Study Skills Handbook provides a comprehensive and interactive online guide for the school community (students, parents and teachers) as to the study skills needed for success in high school studies. This approach taps into students’ affinity with technology to create a new and effective way to improve students’ study skills.

This is a great online resource for parents and students to address all their study skills issues and concerns and enable students to learn new ways to improve their results at school. The handbook has a huge amount of information for both students and parents as well as a large number of interactive activities.

To access the handbook, go to [www.studyskillshandbook.com.au](http://www.studyskillshandbook.com.au) and login as a subscriber with these details:

Username:

Password:

We encourage all parents and students to take advantage of this opportunity to further develop their students’ study skills abilities through this online resource.

**www.studyskillshandbook.com.au**

---

Please note:
The above user name and password is for the use of the secondary school parents and students AT OUR SCHOOL ONLY. Please do not pass our school’s details onto students or parents from other schools or other individuals or organisations as this is a prosecutable breach of copyright and also will result in frequent password changes for our school. Please also ensure you read through the terms of use the first time you access the handbook.

---

Enhanced Learning

Educational Services

“the study skills specialist”
LEARN TO

SAIL

Connellys Point Sailing Club

Saturday mornings 2015 – Term 4
October 10- December 5
18-22 January intensive sailing course
Children and adults welcome

For details contact:
Karen 0448 360 120

information.cpsc@gmail.com
www.cpsc.org.au
Affordable Education Courses
Held at our Hurstville & Jannali Centres

All classes taught by professional teachers

Years 7-10

English - spelling, grammar and punctuation
Essay Writing Skills
Maths

Specialist HSC Classes

English Coaching
Cover Letter & Resume Writing

For more details please ring
St. George & Sutherland Community College
Tel: 9528-3344 or visit our website www.sgscc.edu.au