Shoreline
Lake Macquarie High School Newsletter

Lake Macquarie High School is a dynamic and caring learning community that builds on the strengths of staff, students, and our local community. Our 2020 vision is for LMHS to become a centre of excellence in STEM (Science, Technology, Engineering and Mathematics) education. This new approach to holistic learning will engage all of our partner primary schools in Booragul, Boolaroo, Teralba, Fassifern, Speers Point, Fennell Bay and Five Islands. We provide a caring and dedicated school environment that develops the best in all students by providing excellent facilities and a rigorous, engaging curriculum, both in and outside the classroom. So think big and come to Lake Mac High.

Pictured above are our 2016 Student Leaders with new Principal Brendan Maher.

Marmong Road, Booragul 49581544 Find us on Facebook
Farewell Sara Kanesko

Lake Mac High recently had the privilege of hosting Japanese student Sara Kaneko. Sara attended our school for the past twelve months or so and made many friends among staff and students while she was here. Sara lived with the Barnier family at Warners Bay and was totally enamoured with our Australian way of life. Sara's English-speaking skills improved significantly while she was here and she was a dedicated student in all of her classes. Sara is also a gifted musician, although very modest, and in Music classes it was not unusual to see her play piano, guitar, saxophone or even the drums.

Sara was very sad to leave Lake Macquarie High School, but we know her family will be glad to have her home again. Thank you Sara for being a part of our school community. You brought great honour upon yourself and your family. Best wishes for your future. We are sure Lake Mac High will always have a place in your heart.

High Achievers Day – Cardiff High School

On Friday (26th Feb, 2016) a group of our students attended the High Achievers Day at Cardiff High School. Selected senior students from our school had the opportunity to meet other students who aspire to attend university after school, and to hear guest lecturers on how to make the most of their education. Pictured are some of Lake Mac High's high achievers with Dr Fiona Walsh, Coordinator of the program, Gareth Erskine, Principal of Cardiff High School and Louisa Sijabat, author of "Top Study Secrets".
Bangarra Dance Event

Dance We were extremely thrilled to take a busload of students to see The Bangarra Dance Company perform "Terrain" at The Riverside Theatre in Parramatta on Friday. This exciting performance was a great opportunity for our dancers, Aboriginal students and arts fans to see one of Australia’s most respected performing arts companies.

PRINCIPALS REPORT

Lake Macquarie High School has been working across our local Primary schools is many more areas this year. The Lake Macquarie Area Collegiate has been recognised by the Department of Education as an innovator for school development, as we have now been included in the Schools of the Future Project being developed this term. As schools, we will have access to the latest research, both locally and globally, on changing the ways in which we meet the needs of your children and how we can move ahead as a strong force for Public Education in West Lake Macquarie. Our school will be undertaking many improvements over the next 12 – 18 month, involvement in this project will see all of our schools go from strength to strength.

To provide feedback to all school communities, Lake Macquarie High School will be hosting a combined P&C meeting for all 8 schools involved in the Lake Macquarie Area Collegiate on Thursday 17th of March at 6.30pm in our library. There is an open invitation for all parents, carers and students to attend to see what the future will bring for LMHS and the great Primary Schools in the area.

We will be holding our Year 6 into 7 (2017) Information Evening on the 22nd of March at 6.30pm. This session is open to all families of Year 5 and 6 students across our local feeder Primary Schools. It will be a time for us to showcase what is on offer at LMHS and for students to meet the key people that will be involved in their learning over the coming 6 years. I look forward to meeting our new and returning parents on the night.
Big congratulations to Mrs Georgia Elliott and our schools’ dancers who have been successful in having TWO ensembles feature in this year’s School Spectacular in Sydney. This is a fantastic achievement for the school and student involved, as it is a chance of a life time to perform in such as prestigious event.

Finally, this week we will be reopening our Homework Centre on Wednesday afternoons from 3.15 to 4.30pm each week. This is a time for students to get extra support to complete assessment tasks or to just discuss some issues in their classwork that they may need clarification on. Staff have volunteered their time each week on a rotating basis so that we can help any student that attends to do their best.

Until next time

Brendan Maher

DEPUTY PRINCIPAL NEWS

JENNY MCEWAN AND ANDREW HOCKING

The school enjoyed a well-organised (thanks to Mr Schofield and Mr Sykiotis), sunny Athletics carnival on Wednesday, February 24. Both student and staff participation was high and a good day was had by all. If your child was unable to attend the carnival due to illness, a note of explanation is required just as any other school day.

Year 11 students have been issued their assessment booklets for the Preliminary course. The booklets outline the school and Department of Education policies and procedures in place. It is compulsory reading for Year 11 students and strongly recommended for parents as well. Please contact me at school if there are any questions.

The school Cross-Country will be held at school on Wednesday, March 16. I hope that students have been in training and give the staff a run for their money.

Thanks to those parents who have filled out the necessary forms to allow their children to either drive themselves to school or travel as a passenger in another student’s car. The new forms were issued in Week 6 and I apologise to those who had completed the superseded version. I have a supply of forms in my office.

Shoreline is the new Lake Macquarie High School fortnightly newsletter that will highlight the many great programs and student achievements across our school. If you would like to receive Shoreline as an email please contact the Front Office on 49581544 or by email lakemacqua-h.school@det.nsw.edu.au

Don’t forget our school’s Facebook page at “Lake Macquarie High School – Official” Schools website http://www.lakemacqua-h.schools.nsw.edu.au/home
ATHLETICS CARNIVAL NEWS

On the 24th of February we held our 2016 Athletics carnival. Again, the senior students stepped up and led the school in attendance and participation. With over 170 students competing on such a hot day, everyone got involved and did their best. Results and Regional representation will be detailed in the next newsletter.

CURRICULUM NEWS

PDHPE

From this week, students will not be able to switch sports without parent permission. Rolls are developed each term so that we can track where students are both at school-based and external sports. With students choosing on the day where they want to go leads to some sports to be crowded while others are low in numbers. If parents wish to discuss you are able to contact the school to discuss.

Rugby Union training commences this Thursday afternoon. Both Boys and girls team for Rugby 7’s will be training from 3.30 – 4.30 on the bottom oval. Our Touch Football teams also start competing this week with the Senior Boys team entering a round-robin competition. As a school we are only able
to enter teams when all permission notes are handed back, we had a team unfortunately miss out this week for the Senior Girls Touch Football, as notes had not been returned.

Cross Country will be a whole school event on Wednesday the 16th of March. It will be run through periods 2 – 4 and allow for all staff and students to be involved. This is a normal school day and all students are expected to attend.

As a school we recognise sporting achievement in all areas. Josh Morris was in the Open division of the NSW Ten Pin Bowling State Championships, which is the highest or top division. Josh gained the following placings at this competition; 1st in All Events (highest combined singles, doubles and teams score), 2nd and 3rd in Open Doubles (a different partner for each of the positions), 3rd in Open Singles and 2nd in Classic Teams (1 division down as they had some lower average bowlers in the team). Josh ended the tournament with an average of 212 over 27 games (excluding the Masters - highest average off all entrants in the junior division including boys and girls). A score of 300 is a perfect game, keeping up a high average over 210 is quite an achievement. The 1st place in All-Events was a huge achievement resulting in Josh being placed 1st in NSW on a combined basis across the 3 events on offer (singles, doubles and teams). Well done Josh!

**ALTERNATE LEARNING**

This has been an exciting week for us in Support. We have inadvertently and quite possibly become the school’s greatest Upcyclers! In case the term ‘Upcycler’ is foreign to you, as it was to us until recently, it is simply the process of reusing old materials to create a new product without actually breaking down the original item. For example, reusing a takeaway container to store food in the fridge is an excellent way many of us already Upcycle.

This week we have created many useful and educationally sound items out of used soft drink bottles, newspapers, and old boxes:

- Water pressure rockets
- Mentholated spirit cars
- Explosive volcanoes

**Why Upcycle?**
“Because Upcycling is a great way to reuse materials and reduce our footprint.”
– Jacques Rom (upcyclethat.com)

In response to our commendable skills in Upcycling as well as the MC investigation into sustainability this has inspired us to examine the school’s current recycling and sustainability processes. What we found is that the current system needs some work and we are hoping to support a new and ongoing approach to recycling at LMHS. In week 6 we will be beginning our online documentation of this process. If you are interested in our sustainable future project please visit our webpage: www.lmhsrecycle.weebly.com. We will regularly update this page and share interesting information so feel free to leave comments or ideas on our blog.

TECHNOLOGY AND APPLIED STUDIES

Practical cases are well underway in the wood, food, textile, electronics and now the new metalwork area.

All students are reminded to wear their leather upper shoes.

Fees need to be paid so that students can bring home the products they have been making

Year 8 ELECTIVE Classes  Mrs Lewis

The Tie and Dye elective group have been experimenting with tie dying fabrics, using different patterns and layering colours. They have now moved on to learning how to use the sewing machines.

Food Technology elective has been working on their knife handling skills. They have now produced dips with vegetable sticks, Hawaiian wraps, BLT sandwiches and Fruit salad with honey yoghurt. They say “Cooking new food is a good experience”, “I love the food we make”, “The knives are sharp” “The food is good and the kitchens are clean”. We hope they will prepare some of their recipes at home for everyone to enjoy.
VET Construction working on tiling.
Year 10 Wood starting tables.

Electronics, first class to use new Metal prac room.  Mr Beecham

NSW SCHOOL VACCINATION PROGRAM

1st visit Friday 18 March - all cards returned to Mrs Lewis on or before this date.

2nd visit Friday 3 June

3rd visit Wednesday 19 October

Each year NSW Health works in partnership with schools to offer the vaccines recommended by the National Health and Medical Research Council (NHMRC) for adolescents as part of the school vaccination program.
In 2016 the following vaccines will be offered:

Year 7 students*

- dTpa vaccine (Diphtheria, Tetanus & Pertussis (whooping cough)) as a single dose
- varicella vaccine (chickenpox) as a single dose; and
- human papillomavirus (HPV) vaccine in a 3-dose schedule at 0, 2 and 6 months (students who commence HPV vaccination in Year 7 but do not complete the course may be offered catch-up doses at school in Year 8)

* The Parent Information Kits contain a consent form, information sheet and privacy statement that details how personal information will be collected, stored and utilised.

Consent form kits will be sent home to parents/guardians. To consent to the vaccination of their child, parents/guardians are advised to:

- read all the information provided
- complete the consent form, including signing their name next to the vaccine/s they would like their child to receive
- return the completed consent form to their child’s school – Mrs Lewis. C block
- ensure that their child eats breakfast on the day of the school vaccination clinic.

Parents/guardians who wish to withdraw their consent for any reason may do so by writing to the school Principal or phoning the school. The Procedure for Withdrawal of Consent is available on the NSW Health website at www.health.nsw.gov.au/immunisation

To improve vaccination completion, students will be opportunistically offered any missed doses throughout the year where possible.

Please note that for HPV vaccine only, parents/guardians must record their Medicare Number (all 10 digits and the 11th number beside the child’s name) on the consent form, as this is required to record the student’s information on the National HPV Vaccination Register and (for female students only) link to the National or State Cervical Screening Program.

A Record of Vaccination will be provided to each student vaccinated at each clinic. Parents/guardians should ensure that this record is kept for future reference and should not assume that their child has been vaccinated if they do not receive this Record of Vaccination.

LEARNING HUB

One of the classes regularly in the library is Miss Glynn’s Multi-category class. The students love coming to the library for quiet reading as well as research. I asked Miss Glynn and some of the students what they liked about the library and their library lessons. This is what they had to say:

**Ben:** I like to read car books, war books and books on Lego. I like the library because it’s relaxing and quiet and the lounges are good.
Jamie: I like to relax with a book, especially manga. I found using the World Book really useful because it helped me finish my classwork. The library staff are also very helpful but I think the library should have air-conditioning.

Ethan: I love reading and borrowing in our library lesson and I love my new library card!

Jedd: I like to talk about the comics I read. I like the range of books in the library but I think there should be more comics.

Miss Glynn: It’s nice to come to the library as there’s always someone to help us out and everyone is friendly and willing to say hello. It’s a lovely gathering place; the seniors are always really polite and friendly with my class and it’s a quiet space where we can spread out and take time to think. We can also always find fiction and non-fiction books on the topics we’re studying in class. On a personal level, I’m loving the senior fiction range!!

**SCIENCE**

“Somewhere, something incredible is waiting to be known.” Carl Sagan (American astronomer, cosmologist, astrophysicist, astrobiologist and author).

**HSC Physics visit to Hunter Imaging Group**

Last week the HSC Physics class visited the Hunter Imaging rooms at Cardiff. This excursion was to support their learning on the Medical Physics topic. Students have been learning about ultrasound, xrays, CT, magnetic resonance imaging (MRI), positron emission tomography (PET) and nuclear medicine.

“It was interesting and a great learning experience, the MRI was very impressive with one of the only 3 Tesla magnets in Newcastle” Bailey Thompson
“It was very interesting. Being able to see the equipment in person made it easier to understand the theory. Making it a fun experience made it more enjoyable to learn”
Blayden Grew

**Marine and Aquaculture Technology excursion to Speers Point pool**

The unusually warm weather for March, was much appreciated by the marine and aquaculture technology classes. The year nine and ten elective classes completed the compulsory water safety and skills component of the course at Speers Point pool on Wednesday. Students undertook swimming competencies, learnt rescue and survival techniques including swimming in clothing. A big thank you to Mrs Curral and Mrs I’Anson for taking the excursion.

Ebony Linsley wrote “I totally enjoyed it! I’m glad I know I can tread water for 3 minutes and swim in clothes so if I am in a situation where I need to tread water I know I can”

**Year 7 Sustainability excursion to Hunter Wetlands Centre**

As part of their sustainability learning outcomes this term year seven have an excursion planned to the Wetlands on 24 March. Notes will be distributed this week.

Kathryn Newton – Head Teacher (Science)
HSIE

Planning is under way for this year’s ski trip to Perisher/Smiggens Hole and information has been sent home to those who registered interest. The ski trip has become an institution and a much anticipated event by our students, with some even returning for their second or third trip! It is a fantastic opportunity to experience the best our mountains have to offer with 3 days of skiing/boarding and 4 group lessons. It is open to students in years 10 and 11 and there are just a few positions still vacant. As soon as student numbers are confirmed we can complete final costs and possibly begin a short fundraising campaign to assist with students’ costs. A parent information night will be held in early March (date to be confirmed) and this has proven to be very helpful for understanding the planning and itinerary during the 3 days on the snow. Please see Mrs Svihla in HSIE to register your interest ASAP. The details for this year’s trip are:

| Parent/student information evening. | Tuesday 8th March  
|-----------------------------------|----------------------  
| 6 – 7 pm                          | School library       |

CREATIVE AND PERFORMING ARTS

Visual arts work has recommenced on an exciting new mural project around the school. Called “Leave Your Mark”, this joint project between local artist and teacher John O’Reilly and some of our Visual arts students, is designed to brighten up our school and also raise awareness of people who have worked hard to make our world a better place to live - people who have “left a mark”. The mural will celebrate the lives of people like Fred Hollows, Ghandi, Frida Kahlo, Stephen Hawking and Cathy Freeman. The project will continue over the next month or so.

Mr O’Reilly doing prep work for mural project.
MUSIC We recently took a group of students to the annual Reprise Concert at The Newcastle Conservatorium of Music. This concert features a range of the best performances from last year’s HSC students. The highlight of the concert was ex Lake Mac High student, Jamie Razon closing out the show with a big finale of a Whitney Houston song. It’s no coincidence that Jamie received the highest band in her HSC Music course last year.

Above: Jamie Razon with Music teacher Mr Urquhart and our students at the Reprise Concert.

CAREERS

Our programs are up and running again and well supported by our students.

The Certificate 11 has commenced were Hayley Jorgenson, Cassandra Monckton, Juliet Shelley, Brent Bell and Jordan Kildey are meeting every Wednesday with students from Cardiff, West Wallsend, Toronto and Morisset High School. They have commenced their Work Health and Safety TVET modules and have been spoken to by guest speakers from Blackbutt looking at work experience and job opportunities. They will also be attending Hamilton and Newcastle TAFE to gain insight into other future training courses.

Youth Frontiers our mentoring program commences on the 2nd May with 10 Year 9 Students and 2 Year 10 students. This program encourages leadership, teamwork and civic engagement. A student, parent information session will take place in the library from 9.30am until 10.30am on the 10th March.

Callum Bolton, Hayley Ranger and Tyler Naylor have commenced their Certificate 1 in Access to Work and Training and look forward to doing work experience and gaining their white card and First Aide Certificate.

The Green Team, Ground Team and Canteen Program students are improving their employability skills as well as providing valuable school service. Thanks so much Owen Walters, James Swan, Jason Taylor, Dominic Rayfield, Nathenial Hay, Caleb Bell, Aiden Baker, Jack Mcgarth, Ethan Cooper, Shauna Sweetman, Jacyntha Brittain, John Morley, Brooke Garland, Amber Adam, Jackie Maskiell Bella Cottingham, Sarah Short and Hayley Ranger you have all been doing a great job of improving our school grounds and service in the canteen.

Student Volunteering has started during sport with our students assisting at the Lake Macquarie City Art Gallery. They also got the opportunity to see the traveling Paris Collection. We have plans this year to do the SES Cadet Program and assist CA Brown and feeder Primary School.

Parents and students if any of these programs are of interest to you please contact Karen Spurr in the Careers Office.

Upcoming events are the Careers expo on the 19th May, The Crossroads Focus Day for Y11 and Y12 on the 23 March, 7th April Y12 Careers Focus Day and LMHS Career Market Day the 4th August.
Current Year 11 students take note:

This award is presented to year 12 students in recognition of leadership potential, and academic and sporting achievements exhibited during year 11. The award comprises a laptop and certificate along with plaque of recognition for your school. For eligibility and application see: http://www.defencejobs.gov.au/education/adfa/howToApply/educationAward.aspx

For current Year 11 students – applications for you open on 1st May 2016.

SCHOOL COMMUNICATION

For all parents, care givers, grandparents, aunties, uncles and students, please make sure you follow LMHS on Facebook and through our School App (available in iTunes and PlayStore at no cost).

We use these mediums to update the community on the many things going on at school and recognise our students on their achievements.

Upcoming dates include:

FURTHER INFORMATION

Year 6 into Year 7 2017 Information Night

All parents and students are invited to attend to see what we have to offer as a school.

Session commences at 6.30pm on the 22nd of March 2016 in the school library.

Lake Macquarie High School is a fantastic school that puts your child’s learning first.

We are moving towards becoming a full STEM focus school, teaching students to be creative thinkers, problem solvers and better prepared for learning and careers after their HSC.

If you would like to also enquire about enrolling your child in Years 8 – 12, please feel free to also attend the information session and feel free to speak with the staff on hand.