CARINGBAH HIGH SCHOOL NEWSLETTER

OCTOBER 2013

SELECTIVE AND CO-EDUCATIONAL
PROVIDING HIGH QUALITY AND INNOVATIVE EDUCATION IN A DYNAMIC AND CARING ENVIRONMENT

85 WILLARONG ROAD CARINGBAH • PHONE 9524 3859 • FAX 9524 3232

VISIT US ONLINE CARINGBAH.NSW.EDU.AU
Principal’s Message

Staffing
At the start of this term Mr Phillip Donley retired from his position as a teacher of Mathematics. Since joining our school community in the 1980s, Phil has supported a wide range of co-curricular activities within the school. Always an early adopter of technology, Phil held the position of computer co-ordinator for a number of years, coached sporting teams and was involved in a number of Aboriginal education projects. We wish him well in his retirement. This position will be advertised in the coming weeks with a new teacher commencing in 2014. The DEC has informed the school that we are able to appoint an additional head teacher in 2014. This new position will be in the area of Welfare and we are currently awaiting advice on how this position will be filled.

Farewell to Year 12
On Thursday 19th September we farewelled the Class of 2013 with a special school assembly and our annual Graduation Dinner. The way our students conducted themselves during their last weeks was quite exceptional. They remained focussed on lessons and participated in their celebrations with enthusiasm. The assembly and dinner were very enjoyable for all concerned and were a clear reflection of a strong sense of community. Our parents and invited guests were glowing in their praise for our students and in particular of those students who contributed speeches, musical items and visual presentations to these functions. Since the start of the HSC examinations I have had a number of opportunities to speak with Year 12 students. The general consensus is that the examinations are progressing well, with a few difficult ones thrown in for good measure, and we look forward to celebrating their success after the release of the HSC results on 18th December. ATARs will be released at 9.00am on 19th December and on that morning we will be running a breakfast barbecue at school where our Year 12 students can meet to celebrate their achievements and ask more questions about possible tertiary pathways.

Interviews of Year 11
Mrs Middleton, Mrs Iemma and I are currently interviewing all of our Year 11 students. This one-on-one conversation provides us with an opportunity to discuss some of the specific details of the HSC, identify resources that are useful for students and learn of the individual needs and goals of our students. As always our students are very honest about their current progress. It is great to discuss things that both they and the school can do to assist each individual as they work towards achieving their personal best at the HSC and beyond. If parents ever have any concerns about the progress of their students they should contact the school to discuss their concerns with Mrs Middleton or Mrs Iemma.

Applications for Selective Schools – Year 7 2014
There are 17 fully selective, 25 partially selective, a virtual selective class provision (Western NSW Region) and 4 selective agricultural high schools in New South Wales offering places in Year 7. Parents with Internet access can find out more information about all aspects of selective high schools and can also apply online at https://www.shsocplacement.org.au/registration/. Online application will be available from 15th October to 18th November 2013. For parents without Internet access a limited number of commercially printed application packages are now available in schools, school education group offices and some state office locations.
SUCCESS AT CARINGBAH HIGH

Lachlan, Elliot, Romy and Indiana Y7 – have been elected to the Year 8 2014 SRC.

Cayleigh, Meagan, Judy, Jasmine, Astrid and Eldrinn - have gained a position on the 2014 SRC.

Beth Y9 – selection of her short story to be published in the ‘Written Portraits 2013 National Creative Writing Competition’ anthology.

Andrew Y12 – achieving 3rd place in the National Business Studies Competition run by UNSW.

Stanley Y7 - winner of the Pi Challenge.
Ryan Y7 - winner of the Rubik’s Cube Challenge. Stanley and Ryan will represent the school at the Powerhouse Museum State Finals in November.

Year 7 Number Cruncher Finalists – Elizabeth, Shai, Alex, Ryan and Bethany. The overall winner competing against 5 other schools was Ryan.

Year 9 Premiers Debating Team – defeated Hurlstone Agricultural High will go on to the State Final. Well done Paddy, Luke, Anton and Damon.

Kate, Beth Y9 and Luis Y10 – members of the NSW Public Schools State Choir performed at the Sydney Opera House.

Ruby Y7 and Petra Y9 – performed as part of the Arts Department String Sinfonia at the Sydney Opera House.

Oscar Y10 – performed with the NSW Stage Band at the Opera House.

Romy, Eri Y7, Chloe, Charlotte, Tilayna, Nicole, Natarsha Y8, Claire, Bethany, Chelsea, Kate, Jamieson Y9 and Michael Y12 – participating in the 2014 School Spectacular.

Samantha Y11 – competed in the 100m NSW All Schools Athletics Championships at Homebush. Samantha gained 1st place in both of these events. An amazing achievement!

Kim Y11 – competed in the 800m NSW All Schools Athletics Championships at Homebush in which she came 2nd in her personal best time.

Ashley Y11 - was in the Cronulla Blue team who won the U/16 Girls National Water Polo Club Championships in Hobart.

William Y7 – competed in the discus at the NSW All schools Athletics Championships at Homebush. William achieved 3rd place in this event!


The following students who were elected to the Executive for Interact 2014.
President: Rosie Y12
Vice-President: Emily Y12
Treasurer: Kate Y12
Secretary: Claire & Georgia Y12
Media Coordinators: Susanna Y12 & Rhiarn Y8
Junior Rep: Elena Y7

Breakfast with Sylvania Rotary
The Pierre de Coubertin Award

This award recognises a student who demonstrates attributes consistent with the aims of the Olympic Movement such as participation and good sportsmanship. Michael is Caringbah High School’s recipient this year. He has made an outstanding contribution to sport at this school in the fields of athletics, volleyball, basketball, cross country and dance. Michael attended a ceremony at Sydney Olympic Park where he and other award winners were presented their certificates by current and former Olympians.

Piano Recital

Interlude 4, held on 20th October, was in the form of a piano recital. It was a wonderful opportunity for the students to perform and for lovers of piano to enjoy different genres of music, from jazz to baroque and back again; including classical, romantic and impressionist. We have extremely accomplished pianists within the school and it was indeed a privilege to listen to them all play. Thank you to all of you: Tomer, Leo, Alyse, Josh, Jayden, Chris, Alex, Eric, Matthew and Weilon. Thanks also to Mr Lim-Klumpes for treating us all to his fantastic, brand new, as yet unnamed composition. Thanks also to Mr Hooper, Mr Lim-Klumpes and Mr Chapple for giving of their week-end time to make this event possible.
Our Year 10 Graphics Technology students, *Jason, Michelle, Aidan* and *Annie* earlier this term competed at the F1 in Schools State finals against students from different schools across NSW. At the University of Western Sydney, racing over three days, teams from various school systems were put through their paces. The competition required teams to provide a series of presentations about the design of a model F1 race car, including their design process, marketing and industry collaboration. Our students also were expected to design their team logo and racing uniform and develop desktop published design folio.

Industry collaboration is an important aspect of the competition and it was expected that teams engaged the expert services of local industry. A big thankyou goes to the people and companies that have supported our team throughout the competition such as:

- Caringbah High School P&C
- Hobbyco
- C. A. Rich Engineering

Our students also presented their cars to judge engineers and explained their design ideas displaying 3D CAD drawings, Photoshop rendered drawings, and research about aerodynamics, bearings, rapid prototyping and fluid dynamics testing. The cars were manufactured using computer controlled milling machines and 3D polymer printers. Students also learnt how to apply a spray finish on the cars. The car used high end ceramic bearings and carbon fibre reinforced polymer materials.

The exciting part of the two days is where teams compete in a head-to-head sprint down a 25 metre track which electronically times the model cars. The students’ reaction times are also recorded electronically. The cars are powered by compressed CO2 and race down the specially built track in about 1.3 seconds, creating a very exciting and tense atmosphere. The fastest car in the competition raced down the track in under 1.1 seconds almost achieving the world record. Problem solving on race day was also tested as teams had a allocated time to improve and fix issues between racing.

While unfortunately Caringbah – Ballistix were unsuccessful in achieving the overall championship, our team was very competitive, and our car was chosen for a display as one of the best of the competition.
On the 21st September, 9 German students plus Frau K & Geoff departed Sydney airport on our way to Germany. The flight was long and it was hard to get any sleep but we finally arrived in Frankfurt after a gruelling 23 hours 15 minutes.

Our first stop was Heidelberg which was the home of a fascinating fortress and although we were all extremely tired we soldiered on. We drove down to Europa Park which is possibly the greatest theme park to ever exist. After countless rollercoasters and a whole 8 hours of pure joy we were sad to leave but excited for what was to come. The third day was Tash’s 16th birthday so we were all very excited to see what Frau K had planned for that day. First we went to Freiburg and climbed the seemingly never-ending spiral staircase to the top of a tower where you could see Switzerland, France and Austria in the distance. To celebrate Tash’s birthday we ate the biggest Black Forest Cake ever and were all impressed by Steph because she was the only one able to finish her piece.

The next morning we drove a couple of hours to the longest summer toboggan run in Germany where we made bets with each other on who would use the brakes first. This was pretty fun but was soon followed by the nervousness of meeting our host families that afternoon. The language barriers really started to show at this point as most of us found it quite hard to communicate with our new families. Getting to know these people was interesting and we had to find alternate ways of communication such as sign language and the use of props. The relief felt on the next day when the nine of us were reunited was overwhelming. This day we took the train into Munich to the home of the Oktoberfest and had a great time although we only stayed for 2 hours. Here the boy s decided to stick with German tradition by buying half-metre Bratwurst sausages and they followed it up with a ride on a rollercoaster. We bought a whole bunch of souvenirs and then headed off to the Marienplatz where we were met by our guide Chris who happened to be an Australian. The familiarity of the Aussie accent was music to our ears as we wandered the city of Munich and learnt a little about its history. At the end of this day we had to say our goodbyes once more as we returned to our host families. We were to spend the next two days alone with our families which seemed a bit daunting at first but turned out to be a great experience. Most of us were lucky enough to be taken by our families to visit some lovely places in various other countries including Austria and Italy.

By the time Monday rolled around we were all full of stories that we shared with each other on the bus ride to Austria. That morning we visited the salt mines which would have been fascinating if our audio guides had worked but instead we were forced to look interested while the guide spoke some very fast German. We piled back into the bus, greeted by Peter our bus driver whom we had all grown to love, and went to the Documentation Centre which was all about WWII history. The most exciting part of the day was in Salzburg where we got the chance to ride Segways (some more successfully than others) and visit the fountain where the Sound of Music was filmed. After skipping around the fountain singing Do Re Mi we all linked arms and skipped through the leafy archway, again singing Do Re Mi. The next morning we took the train to Wasserburg where it was freezing and all huddled in the tour shop waiting for our tour guide to arrive. While we waited we decided it would be appropriate to sing Whitney Houston’s I Will Always Love You as a family and almost received a standing ovation from the shop assistant. After our tour we went to Badria Leisure Centre for a quick swim and some Big Sandwiches.

The next day would be our final excursion together so we invited our hosts along to join in the fun. They were very excited to be coming with us to visit King Ludwig II’s castle Herrenchiemsee. We were all very impressed at their amazing level of English. We took a quick look around the castle and then headed off to minigolf. Last on the list was a falcon show where a few people got hit in the face by some bird wings. Again we parted ways and spent the next day with our host families as it was the National Germany Day. Activities on this day varied and included skiing in Austria, canyoning, climbing mountains, waterskiing, shopping and visiting the zoo. We were so sad the next morning when we had to say goodbye to our new friends and goodbye to Germany. Hugs were exchanged and a few tears as well. We landed safely in Sydney at 7.03pm on Saturday 5th October and were back on home soil after the best two weeks of our lives. A huge thank you to Frau K and Geoff for everything! We miss you already Deutschland!!
Salut tout le monde!

At the start of the September school holidays 42 Year 10 students set off on the biggest Caringbah High French trip to date. The group of students that left Sydney airport on Saturday the 21st were not the same group that returned to Australia two and a half weeks later. This experience – with all its ups and downs – is something that none of us will ever forget.

There were a few twists in the croissant starting with Paul delaying Sam’s birthday celebrations with his late arrival to the airport and Mrs Tickner taking two students to the emergency eye hospital after 20 hours on the plane led to shared conjunctivitis, but apart from that and the extreme exhaustion, the flight and first day in Paris were reasonably pleasant – Paris treated us to some beautiful weather and Nutella crepes, oh and of course there was Notre Dame which was very impressive.

The rest of the week continued in a similar fashion – a few mishaps, warm weather and beautiful sights. Then there was Flunch… well it’s difficult to compare to anything in Australia. Imagine a school cafeteria, McDonalds and Sizzler having a child; this would give you the perplexity that is ‘French-lunch’ and over the four dinners we spent there we learnt how far a 10 euro coupon can go.

We worked our way down the typical Parisian tourist list but the wealth of experience brought to the trip by our four chaperones and the entertainment brought by some very distinctive personalities meant that the iconic attractions including the Louvre, Arc de Triomphe and Palais du Versailles were all the more interesting. But, one of the most memorable occasions was watching the sunset behind the Eiffel tower on our last night in Paris – that’s something you can never forget and it was even more special for Jessica who got to experience it on her birthday.

The bus trip to our host families, south of Paris in a little town called Loches, consisted of games of; heads up, 20 Q’s and shoot, shag or marry. A pit stop was taken at the Chateau de Chambord and a certain group of students decided that the castle was the perfect place for a game of hide and seek and chandeliering with its 440 rooms. After a picnic lunch we took off on bikes on a “guided” tour of the surrounding area – for future reference; wait for the guide… and the teachers… and the students who the teachers are waiting for.

After returning to the bus the panic set in with many a student announcing ‘I can’t speak French!’ which would not bode well for them for the coming week. After the bus pulled into the Saint Denis International School car park, we met our host families, some of whom didn’t speak a word of English. It was time to test our conversational ability when we split into pairs and spent the weekend away from the group fully immersing ourselves in French provincial life. When we met up on the Monday morning at School many stories were shared, some were more eventful than others. But on the whole all had a unique and exciting experience with the host families. And we all survived.

Our week in Loches was really beneficial to our French as unlike Paris; most people don’t speak English in the country. We visited many castles and did lots of shopping. High on the list of awesomeness was a trip to a large tree-top adventure park with 12 zip lines and countless other challenges, high in the trees. But the best experience was definitely the Segway! The only thing that could top it was the food, which was absolutely phenomenal!!!!! It was a sad day when we said au revoir to our adoptive families but the bright side was that our return to the outer region of Paris was pre-emptive of our trips to the theme parks. Parc Asterix is a roller coaster filled (one had 7 loop the loops!) representation of the French comics Asterix and Obelix with which all French children are familiar.

This was the first time Disneyland Paris had been on the itinery for the French trip, although it was a great experience – especially for those who had never been to a Disneyland before – the rides could not compare to Parc Asterix and there were A LOT of Americans.
We went straight from Disneyland to the airport and while some people couldn’t wait to be home, there were many others who didn’t want to leave. Another twenty hours’ worth of plane time and a stopover in Abu Dhabi and we touched down in Australia. After making it through customs unscathed there were tearful reunions and then most people headed home to sleep the day away in an attempt to escape as much jetlag as possible.

A life changing experience, the French trip really is all it’s cracked up to be! Of course so much more happened than what is written here; many quotes have meaning that people outside the group will never understand, all the tough times we pressed through together (showers in the youth hostel, getting 46 people on and off the metro, the ever-present search for Wi-Fi, learning not to give Paul iced tea, having things lost and stolen – thankfully no passports, deciding where to buy ice cream, getting on the wrong bus – twice, escaping scammers, watching Susanna buy 85 Eiffel tower key rings, finding toilets, 42 kids walking into a supermarket, Ellie getting carried down the arc de triomphe by some ‘smokin’ paramedics, flunch…), the five birthdays we celebrated, friendships that were strengthened and forged, everyone was changed; marginally or drastically, we all had a fantastic time and will never forget it, or the people who we spent it with.

Finally we would like to thank our chaperones for all they put up with and for making our trip all the more memorable “merci beaucoup” Mrs Tickner, her wolf-whistling husband Glenn, Mr Thorncraft and his caring wife Fran.
Dear Friends,

Thank you to everyone who attended our August meeting. We have a very exciting visitor for our October Meeting. Maria Iemma has managed to enlist the services of a representative from the Australian Federal Police who is a specialist in education around safe internet use. This is a topic not to be missed.

This P&C meeting will be held on Tuesday 29th October 2013.

Please note that our meetings are held on the last Tuesday of every month (excepting school holidays), in the Library Meeting Room, which is directly behind the bus-bay, opposite the intersection with Coolabah Place.

The usual meeting format is as follows:

- **7.00pm - 7.30pm** Coffee and Chat
- **7.30pm - 8.15pm** P&C Meeting (including Principal’s Report)
- **8.15pm - 9.00pm** Presentation and Discussion

We aim to finish no later than 9.00pm.

Please note the following dates and join us for the whole meeting, or if time is limited, just come along for the speaker’s session.

We look forward to seeing you there.

Kerry Burns (P&C President)

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### Meeting Schedule for 2013

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<thead>
<tr>
<th>Date</th>
<th>Topic</th>
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<tbody>
<tr>
<td>Oct 29</td>
<td>Keeping Kids Safe</td>
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<tr>
<td>Nov 26</td>
<td>2014 Planning</td>
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**Dear Parents and Caregivers,**

We will no longer print a school newsletter. Instead, we will provide a copy on our website under [online learning](#) in our MOODLE site. Under the Department’s guidelines, surnames of students will not be published on a ‘public’ internet site. However, with password protection, we will be advertising names on the MOODLE page. The login for parent access to Moodle is:

Username is: 
Password is:

We will provide a limited number of printed newsletters that can be obtained from the Administration building.
Duke of Ed Walk  
Matthew & Reilly Y9

We woke up early on a Tuesday morning and met at the Cronulla ferry wharf. After a short wait for the ferry we arrived in the charming coastal town of Bundeena. The walk through Bundeena which left us at the start of the Coastal Track was short and filled with anticipation for the great walk ahead. The pace we set down the first section of the track was blisteringly fast and we arrived at Wattamolla in absolutely no time at all, after a quick lunch we headed back onto the track to continue our walk. We absolutely blazed down the next section of track and in what seemed like no time at all, we arrived at our campsite in North Era. After a gourmet meal for dinner, we had an early night because we were so tired from the past day.

The next morning we woke up early and quickly packed up our tents and headed back down the track. After what seemed like hours trudging through rainforest we arrived at Otford station and after a short wait for everyone to regroup we got on the train and headed back to Sutherland. Many thanks to Mr Parker and Mrs Middleton for taking us and Mr Bruce for organising the great walk.
Under 15’s Waterpolo

On Tuesday 15th October the boys’ and girls’ U/15 Waterpolo Teams competed in the Sydney East finals day at Sutherland Leisure Centre.

A young girls’ team comprising of Year 7 and 8 girls played three hard games against much older and experienced players. Whilst going down in games against Woolooware High, Sydney Girls High and Kirrawee High, the girls never gave up and the skills and knowledge they have picked up from the day will be valuable in the years ahead. Players who helped guide the team around the pool and should be congratulated on their efforts throughout the day are Catrina, Tabitha of Year 8 and Georgia of Year 7.

A strong boys’ team made up of students in Years 7, 8 and 9 had a very successful day. The team had wins over Engadine High in game one, in game two had another comprehensive win this time over Sydney Boys. In the final match against Cronulla High, with the winner going through to the Sydney East Final, our boys’ played well as a team and won a very tight match 8-7. All players were very strong throughout the day and were lead very well by Jordan of Year 9. A strong defensive effort by Luke in the final match ensured victory, as did the superb goal keeping from Reilly. The future also looks bright for the 15’s team with the high quality of skill from Cory Year 8, Kal Year 7, the speed and power from Alex Year 7 and the tenacity and courage from Connor of Year 7 who only started playing Waterpolo on the day. A big thank you also must go to Sam of Year 9 who left school to come and help the boys out in the final two matches of the day.

A big thank you to the expertise and coaching from Mr Al Ewings, who for many years has given his time and effort in coaching and nurturing the students at Caringbah High in Waterpolo.
Zone Presentation

On Wednesday October 9th Port Hacking Zone held their annual award ceremony. Seven Caringbah High students received awards for achieving the prestigious title of Zone Age Champion. In a Zone that is particularly strong this is an achievement that all seven students should be proud of. Below are our students who received awards:

Alexander - Swimming
Catrina - Swimming
Kathy - Swimming
Sarah - Athletics
Christopher - Athletics
Michael - Athletics
Dimi - Cross Country.

U/15 Netball Team

On Thursday 24th October, the U/15 Years netball team played Round 2 of the Sydney East Knockout Netball Competition. They had a great game and defeated Gymea 29 - 12. Well played by all and a special thank you to Maddy for umpiring. Round 3 will be against Wooloware High School.

Essential Secondary Science Assessment (ESSA)

Once again Caringbah High will be participating in the online ESSA test for Year 8. ESSA is a state-wide Science assessment program based on the NSW Science Years 7-10 Syllabus, which mandates the teaching of science in contexts that assist students to see the relevance of science and to make meaning of scientific knowledge, understanding, skills, values and attitudes.

The ESSA test is an interactive multimedia assessment called ESSAonline, ESSAonline 2013 occurs on Monday 11th November 2013.

Students will be tested on their:

• Knowledge and understanding of science
• Understanding and skills in the process of scientific investigation, which includes using a simulated experiment
• Ability to evaluate evidence, make judgements and think critically
• Ability to access information and communicate scientific ideas using a variety of strategies.

ESSAonline takes approximately 80 minutes. It contains video, animations, audio, graphics, text and a variety of test items. It also includes a survey about students’ attitudes to the test, science and their learning of science. Each student needs earphones to be able to complete ESSAonline on a computer.
Sleep Deprivation in Children & Teenagers:
How parents and teachers can recognise it and what they can do to help

Presenter: Dr Chris Seton
Paediatric & Adolescent Sleep Physician
Tuesday 12th November 2013

VENUE:
Parramatta Leagues Club, Sterling Room
13-15 O’Connell St, Parramatta

TIME:
Registration 9.30am,
Presentation (including question time) 10am - 12pm

COST:
Seminar Payment Only
$30 Seminar - LDC Member
$65 Seminar - Non LDC member

Seminar & Membership Offer
$60 Seminar entry & NEW Individual membership (till 31 May 2014)
$75 Seminar entry & NEW School membership (till 31 May 2014)

PARKING:
Free parking at the Club

During this talk Chris will describe how our world has become sleep deprived and how this has affected young people. We now live in an electronic world where our needs are at our fingertips 24 hours per day. This causes sleep to be "de-prioritised" in our busy lives. Chris will explain the specific causes of this in young people, how parents and teachers can recognise it, & what can be done to improve it. He will also detail the cognitive, psychological and other effects of sleep deprivation in relation to learning difficulties and other conditions such as ADHD and the impact it can have at home and school.

2 registrants @ member rates per Individual Membership
6 staff @ member rates per School/Org. Membership
Register online @ www.ldc.org.au OR
complete this form and send with payment to the LDC Office.

Seats are limited, REGISTRATION & PAYMENT must be received by Tuesday 5th November

Name: ___________________________ School Name (if applicable): ______________________

Address: ___________________________ Suburb: ______________ Post Code: _________

Phone: __________________________ Email (PRINT CLEARLY): _________________________

Payment type (please tick)  GST FREE  TAX INVOICE  ABN 93 046 401 929

☐ Paypal OR credit card (go to www.ldc.org.au)
☐ Cheque/Money order (Made out to “Learning Difficulties Coalition”)

Post to: LDC Office, PO BOX 140, Westmead, 2145

☐ Direct Deposit (St George Bank, BSB 112 879, A/C No: 044 050 245

Please insert your **surname** as the reference to verify payment

Payment amount (please tick)

Seminar Payment  Seminar & Membership Offer
☐ $30 Seminar entry LDC Member  ☐ $60 Seminar entry & NEW individual membership (until May 31, 2014)
☐ $65 Seminar entry Non LDC Member  ☐ $75 Seminar entry & NEW school membership (until May 31, 2014)

Refund of fees, less 30% administration, will be available up to 14 days prior to conference commencement. No cancellations accepted later than 14 days to conference. Substitute delegates welcomed at no extra charge.
## Merit Awards

18th September 2013 – 28th October 2013

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### Parent Tips


**Choosing the right shoes**

School shoes may all look the same but the cost can vary from about $30 to $120 and beyond. Does a more expensive shoe mean a better shoe? Find out more: [http://www.schoolatoz.nsw.edu.au/wellbeing/health/choosing-the-right-school-shoes](http://www.schoolatoz.nsw.edu.au/wellbeing/health/choosing-the-right-school-shoes)

**NSW public school terms and holidays**

Expectations on students can create a very competitive environment. Students are inundated with information about the significance of academic performance, and the result, in many cases, is that some students develop unhealthy propensities for perfectionism.

Perfectionism may not sound like much of a problem in an academic atmosphere - after all, teachers and parents want students to develop strong work ethics and sound study habits. The problem is, true perfectionism actually tends to lead students away from these healthy developments. When a student becomes upset over a score of 98 out of 100, or can't handle coming in 2nd out of a class of 30, or spend hours on something that should take 10 minutes.....then study and stress levels will often suffer as a result.

Perfectionism to this degree usually results from a fear of failure, rejection or disapproval, or insecurity about meeting a given standard. Students feeling these pressures quickly fall into inefficient work patterns, focusing on proving themselves, rather than on doing individual assignments effectively. So - how can such patterns and thought processes be avoided? Here are a few suggestions for coping with perfectionism.

1. SEPARATE WORK FROM PERSONAL FEELINGS
   This is a huge hurdle for many students. The fact is, an evaluation of your work often feels like an evaluation of you personally, and the pressure of making that evaluation positive can lead to perfectionism. Students must learn to treat work evaluation as feedback for their learning, not as a personal reflection on themselves.

2. SET INCREMENTAL GOALS
   Many students tend to set unattainable, or at least extremely difficult goals. Instead, students should focus on setting goals based on past achievements and efforts. If a student gets an 85 on an exam, the goal for the next one should not be 100 - it should be an 87. If they study for only twenty minutes for a test, next time aim for thirty. Incremental goals are more reasonable, and most long-term improvement occurs gradually.

3. RECOGNISE STRESS
   This can be easier said than done, but it's crucial in battling perfectionism. Students need to be aware of the fact when they're stressing over a project (spending extra unnecessary hours, re-writing pages exhaustively, etc.). Learning to recognize stress can help students to re-evaluate work methods and stop and think how much effort is appropriate for that task.

4. EXPLORE EFFICIENT WORK METHODS
   Often, newer or easier work methods can assist in efficiency. Students shouldn't get lazy, but should allow certain technologies to make work easier. That might mean downloading Evernote for easy electronic note-taking, or it may mean investing Sharefile as a means of cloud storage and computer organization - whatever the case, perfectionists can often find their workloads lessened by these steps.

5. PUT THINGS IN PERSPECTIVE
   It's incredibly important for students to have proper perspective on schoolwork. Being able to stop and think about the worst case scenario can help students to realize that an individual assignment - while important - should not be a source of unnecessary stress or excessive workload.
Ultimately, dealing with perfectionism can be a long and tricky process. But implementing these habits and thought processes can help students to develop a healthier approach to their schoolwork.


Our school's subscription details to [www.studyskillshandbook.com.au](http://www.studyskillshandbook.com.au) are -

**user name:** caringbahhs  
**password:** 70results

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**Enrichment Opportunities**

**Learning Labs!**

**Learning Labs** is an enrichment program for gifted and talented students who are currently in Years 7 to 10 during 2013. The University of Wollongong’s Faculty of Education would like to invite students from Caringbah High School to take part in this academic enrichment program which will run over two days on the **16th and 17th of January, 2014** and will be held at the University’s Wollongong campus.

There will be 16 diverse and innovative workshops in the fields of Astronomy, Medical Sciences, Law, History, English Literature, Poetry, Psychology, Robotics, Engineering, Computer Security, Visual Arts, Creative Writing, Drama, and Journalism.

University academics will program and run the workshops allowing students to immerse themselves in specific academic fields. Workshops will be innovative and will offer a high level of challenge within a workshop context. Students who will most benefit from participating in the program will probably be performing within the top 10% to 15% of their cohort.

Parents of the students who attend the program will be offered a free seminar with a Gifted and Talented Consultant and there will also be a tour of the University and its facilities.

The program **costs $135** for the two days.

Deadline for applications is **November 20th, 2013**.

Application forms can be collected from Ms Abson, or students can download the application form that has been sent via email.
ENGAGE
CHALLENGE
ACHIEVE
CONNECT:
LEARNING LABS &
EARLY LEARNING LABS

AN ENRICHMENT PROGRAM FOR
HIGH ACHIEVING STUDENTS FROM
YEARS 3 TO YEARS 10

SCHOLARSHIP APPLICATION DEADLINE: WEDNESDAY 13 NOVEMBER 2013
APPLICATION DEADLINE: WEDNESDAY 20 NOVEMBER 2013
socialsciences.uow.edu.au/education/learninglabs

FACULTY OF
SOCIAL SCIENCES
UNIVERSITY OF
WOLLONGONG
WHAT YOU NEED TO KNOW

Learning Labs
For students in Year 7 to Year 10 (curriculum pitched at a flexible
Year 11/12 level) Thursday, 16 January – Friday, 17 January
Fee: $135
Where: University of Wollongong Campus
What to bring: morning tea, lunch, drink, hat, sunscreen and stationery supplies

How To Apply
1. Fill out the application form on the back of this brochure
2. Use a separate application form for each child
3. Select the workshops you wish to attend. List them in order of preference. ONLY APPLY FOR THE
   WORKSHOPS YOU ARE INTERESTED IN, AND PREPARED TO ATTEND. If only one workshop appeals to
   you, only apply for that one workshop. We endeavor to place everyone in their first choice, however, if the
   workshop is full then we will place you in a workshop of lower preference. You will only attend ONE
   workshop over the 2 day period.
4. For new students please attach one copy of supporting documentation outlined in the Qualifying Information
   section.
5. Please attach anaphylactic or asthma management plans where necessary.
6. Please attach sponsorship letter if you are applying for a sponsorship. See Sponsorship section.
7. Fill out payment method and attach a cheque or money order if selected. All cheques should be payable to:
   University of Wollongong
8. Read the Terms, Conditions and Refund Policy section.
9. DEADLINE for application forms is due by Wednesday, 20 November 2013, either post your forms to:

   Sarah Smith
   School of Education
   Building 67, Level 3
   University of Wollongong NSW 2522
   OR
   Scan PDF and email to: sarasmith@uow.edu.au
   Please keep a copy of your application form.

QUALIFYING INFORMATION FOR EARLY LEARNING LABS AND LEARNING LABS:

Students who qualify and would benefit most from the program need to fulfill ONE or more of the following
requirements:

- Teacher nomination letter confirming that the student is capable of working at either a Year 11/12 level in
  their field of interest for high school students OR working within the top 10% in any subject area for
  primary school students
- A Distinction or High Distinction in the Australian Schools Science, Math or English Competitions
- An academic scholarship of some description
- Placement or offer of placement in a self contained class for academically gifted students (eg. Selective
  high school, OC class, pull out program)
- A score within the top band of the relevant aspect in the NAPLAN test (literacy or numeracy)
- 90th percentile or above on any individual or group IQ test

Please attach a copy of supporting documentation with application form.
**SPONSORSHIP APPLICATIONS: DUE WEDNESDAY, 13 NOVEMBER 2013**

LEARNING LABS can offer a limited number of full fee sponsorships to those families who are experiencing financial hardship. If you would like to apply for a full fee sponsorship please supply a brief letter explaining your circumstances together with your application form.

Sponsorship for Aboriginal/Torres Strait Islanders

There are limited sponsorships for Aboriginal and Torres Strait Islander students. If you identify as Aboriginal or Torres Strait Islander please indicate so on the application form and tick the scholarship box.

Applications for sponsorships are due on the Wednesday, 13 November 2013. Sponsorship applicants who are unsuccessful will still be offered an opportunity as a fee paying placement in a workshop as an option.

Please note that sponsorships only cover the cost of the program. Participants are responsible for their own travel and lunch costs.

**WILL MY CHILD RECEIVE A PLACE?**

LEARNING LABS regularly receives more applications for workshops than there are places available. To be equitable, places are NOT allocated on a first-come, first-served basis. Rather, students are placed so that each workshop has a fair representation of boys and girls, local and rural students. Students who have missed out on being placed in a recent program are given a high priority. While we try to place students in their first choice, they may be placed IN ANY workshop they have nominated, so please choose carefully.

**TERMS, CONDITIONS AND REFUNDS**

- LEARNING LABS must be advised by email of all cancellations and withdrawals
- You may withdraw your application without penalty up until January 3, 2014
- After this time, refunds, less an administration fee of $55, will be available only if your place in the workshop can be filled by another student.
- Cancellations less than 7 working days prior to workshops will not be refunded. Full fee applies.
- LEARNING LABS reserves the right to cancel workshops and change workshop details if deemed appropriate.
- Parents/Guardians are responsible for making sure the student meets the selection criteria.

While we would like to allocate every student who applies, this may not be possible due to limited number of workshops. If this is the case, places will be allocated on the grounds of equity and need. Students who miss out for January’s program will get priority placement for the following holiday program.

**A NOTE FOR SCHOOLS**

Places in LEARNING LABS programs fill very quickly. Please distribute this information to students whom you think would benefit from the programs as soon as possible to avoid disappointment. It is important that parents and students are able to see the full program information, not just the application form. Further program booklets are available from the can be downloaded from our website at [http://socialsciences.uow.edu.au/education/learninglabs/](http://socialsciences.uow.edu.au/education/learninglabs/)

**SPECIAL REQUIREMENTS**

Please take extra care when filling in this section of the application form. It is important that you list any allergies, special dietary requirements, access needs or medication on your child’s application form. It is essential that we are aware of these issues so that workshop leaders can be properly informed and prepared.

**All applicants will be notified by mail during December**
**LEARNING LABS**
Thursday, 16 January – Friday, 17 January 2014

**The Program**
Learning Labs is designed for academically gifted and talented high school students in Year 7 to Year 10 in 2013. We are offering workshops that cover a range of academic fields. The program will be held at the Wollongong Campus and Innovation Campus. Each workshop will be developed and presented by University academics who are leaders in their field. Workshops will be innovative, challenging and aim to stimulate the interests of high achieving students. This is a wonderful opportunity for students to socialise with like-minded peers within a university setting. We look forward to meeting you!

As a guide to the degree of difficulty, work presented will be equivalent to a flexible Year 11/12 level.

**Program times:**
Thursday 16 January 2014, 9:00 to 4pm
(Registration from 8:30am)
Friday, 17 January 2014, 10am to 4pm
Details for meeting points will be sent with acceptance letter

**Mental Skills for Winners**
**Presenter:** Dr Paul Smith, Faculty of Social Sciences
Paul is a psychologist who has done mental skills training with many top athletes and sports teams such as NSW Cricket, NSW Netball and the NSW Rugby League team. You can see his background at [www.outstandinglife.com.au](http://www.outstandinglife.com.au). The skills he teaches will help you be successful not only in sport, but also at school and in everyday life. In this workshop you will learn stress busting techniques such as self-hypnosis, affirmations and cue words. These are often used by champions to beat nerves and worry. We will look at the best ways to set and achieve your goals and learn a lot about your views of success by studying those you admire as champions. There will be practical sessions for you to visualize relaxation and confidence boosting scenarios. In the workshop you will also learn resilience skills to help you bounce back after you have problems and setbacks in life. Resilience skills greatly increase your chances of being happy and successful in life.

**Getting Your Head Around the Brain: An Exploration of the Nervous System**
**Presenter:** Dr Jessica Hughes, Faculty of Science, Medicine and Health
The brain and nervous system is the most complex system in the body, made up of billions of connections that allow us to think, see, smell, hear and much more in order for us to experience our environment. This workshop will take you on a journey through some of the brain’s complex functions. You will learn about why you crave chocolate, how you hear different sounds, and how your retina sees images upside-down and back-to-front and the amazing job your brain does at turning this into a normal image! This workshop will explore how certain functions of the brain are lost in disease states. You will get to experience how these different brain functions are tested by specialist doctors in the hospital setting by performing these tests yourself on your fellow students. This workshop will include an afternoon visit on the first day to the University of Wollongong’s Anatomy Laboratory, where you will see real cadaveric specimens of the brain and spinal cord.

**DIY GMOS - Exploring Genetic Engineering**
**Presenter:** Dr Tracey Kuit, Faculty of Science & Medicine and Health
Genetically modified organisms (GMOs) are being used as food sources, in waste management and to produce medicines and vaccines. This workshop introduces students to the fundamental principles of genetic engineering. Students will participate in hands-on experiments with GMOs in well-equipped facilities at the University of Wollongong. Students will explore the concepts of DNA isolation, and the production and identification of a recombinant organism. Students will also explore some real-life examples in this hotly debated area of research.
CRIMES AGAINST PEOPLE AND PROPERTY: WHAT’S INVOLVED IN PROVING SOMEONE IS GUILTY

Presenter: Professor Elena Marchetti, Faculty of Law, Humanities and the Arts

So many television shows are about investigating crimes and what happens in court when someone is charged with committing an offence. There is (and possibly always has been) a fascination with solving crimes. There are many criminal laws in our statutes and common law, but in this workshop you will be looking at three areas of the New South Wales criminal justice system: the law of homicide, non-fatal offences against the person and property offences. You will learn what elements comprise each type of offence, what excuses or defences might be raised, and what level of proof is required before someone is found guilty. Over the two days you will get the opportunity to solve cases, debate issues and think about whether someone really should be found guilty in certain circumstances. If you decide to do this workshop be prepared to think, argue and have fun!

INTELLECT AND ROMANCE OVER BRUTE FORCE AND CYNICISM: NERDS AND FANDOM

Presenter: Raewyn Campbell, Faculty of Law, Humanities and the Arts

Nerds are everywhere at the moment. You can’t turn on the TV, read a book, watch a film or surf the internet without bumping into a nerd. Whether fictional or not, nerds seem to occupy every and any position in society: from politicians, business magnates, media personalities, to school students, superheroes, super villains, and wizards. More interesting still, nerds are now cool. How did a label that has historically been derided and ridiculed become a sort-after badge of pride and respectability? In this learning lab we will investigate how attitudes towards nerds have changed over time by looking at the relationship between content creators, audiences and pop culture fandoms.

SLAM! THE POWER OF POETRY

Presenter: Sarah-Jane Burton: Faculty of Law, Humanities and the Arts

Are you a poet who just doesn’t know it? Or maybe you do know it, but you’re curious and want to learn more about your craft? If you always have the lyrics to one song or another stuck in your head, or you think you could write the next great advertising jingle for TV, this workshop is for you. In “Slam! The Power of Poetry” we’ll attempt to bring the written word to life by learning the craft of poetry, discussing it and creating our own works. Using well-known poems and popular music lyrics we will explore poetic form and language before embarking on our own poetry writing through idea-generating exercises and activities. Poetry is no longer just the 14 lines of a sonnet or the 17 syllables of the haiku; you can find it on Twitter in 140 characters or less! We’ll talk about new modes of poetry, addressing new media poetry forms like “twihaiku” and “micropoetry” (you may even perfect your own “twoosh”) and we’ll look at how you can use websites like Movellas and Wattpad to share your poetry with the world. The workshop will close with our very own poetry slam where you’ll be given the opportunity to perform your own work or a favourite poem in front of the group. This class is suitable for those new to poetry and students who’ve had some practice in the craft. So why not fall for metaphor, get silly for similes, and join us for “Slam! The Power of Poetry” this Summer!

SO YOU WANT TO BE A HISTORIAN?

Presenter: Dr Glenn Mitchell & Dr Stephen Brown, Faculty of Law, Humanities and the Arts

Well, this is the workshop for you. We will show you tips and tricks from award winning historians on how to do history. We will tell you some amazing facts – some true, some nearly true, and we will help you to become the historian you want to be. You will not only learn history, but you will do history. And we will publish your project!

INDUSTRIAL ROBOTICS

Presenter: Nathan Larkin, Faculty of Engineering and Information Sciences

Industrial robots are used extensively in manufacturing worldwide. From packing biscuits to welding trucks, a robot is often used as a flexible and efficient automation device. In this workshop students will interact with typical industrial robots, learning how they work and how to program them. Using these skills students will create robot programs to accomplish some fun and practical tasks.
**SUSTAINABLE ENERGY ENGINEERING (YEAR 9 & 10 STUDENTS ONLY)**

**Presenter: Dr Brad Stappenbelt, Faculty of Engineering and Information Sciences**

With mounting evidence regarding the dire state of the world's resources and the negative environmental impact of anthropogenic activity over the last century, the search for ways to meet our growing global energy demand in a sustainable manner is becoming increasingly urgent. Many of the associated technological fields are still in their infancy and much of this development is testing the limits of our current engineering capabilities. The next generation of engineers needs to be fully conversant with the challenges surrounding sustainability and equipped with the tools to effectively address these.

In this workshop we will explore various renewable energy technologies utilising a variety of energy sources which may include wind, solar thermal, hydropower and ocean energy sources including wave, tidal and marine currents. Students will learn about the sustainability related engineering challenges we are likely to face in the future, energy resource availability and energy conversion mechanisms. Students will be actively involved in a number of experiments using the Faculty of Engineering SMART facility wind tunnel, solar thermal energy test rigs (a flat plate and a concentrator solar collector), ocean engineering laboratory facilities (consisting of a 25m wave tank and model towing carriage) and other hydrodynamics related equipment in the fluid mechanics laboratory.

The core activities undertaken by students throughout the workshop will focus on the design, construction and testing of a wave energy conversion device model. Working individually and in small teams, students will explore and apply the engineering method, hydrostatic and dynamic stability analysis and testing of floating structures, forces and moments, resonance, aerodynamics of aerofoils, wave hydrodynamics, insolation and much more. And of course, we will have a lot of fun in the process.

**SECURE COMMUNICATION IN A PUBLIC WORLD**

**Presenter: Dr Angela Piper, Faculty of Engineering and Information Sciences**

"Security" is a complex collection of interrelated social, technical and mathematical problems. In this workshop we'll be exploring some of those problems. There'll be lots of questions: What is communication and how can we make it more efficient? What is security? How do we prevent people from listening in on our communications? How do we share secrets? How do we measure information? What is a big number? When is a problem hard? What shape are spheres? Who are Alice and Bob? Why is Oscar a grouch? And where's Wally? There'll be some answers too! We'll use some maths, some computers, our brains, and lots of paper.

**CREATIVE WRITING FOR BEGINNERS AND BEYOND**

**Presenter: Timothy Daly, Faculty of Law, Humanities and the Arts**

The basis of a powerful contemporary writing style lies in using language in a fresh and innovative way. This practical, hands-on workshop gives you dozens of techniques to use, regardless of the medium you're most interested in. Special attention is given to short story, short film, poetry and theatre writing. Led by one of Australia’s most experienced teachers of writing, the multi-award-winning playwright Timothy Daly, this workshop is suited to both smart beginners and committed writers.

**EYES HANDS AND MINDS**

**Presenter: Kim Williams, Faculty of Law, Humanities and the Arts**

This two-day workshop opens the Visual Arts Studios to students to give them a taste of the Visual Arts programs and working with Faculty lecturers. We start with a drawing workshop that introduces students to different drawing techniques while drawing from a life model (wearing a swimsuit). In the afternoon the students will continue to sketch from the human figure but will be working with clay. The second day will focus on printing and mixed media collage. Students will explore a range of materials and processes that will engage the eyes, the hands and the minds.

**THE POWER OF MAKE-BELIEVE: AN ACTOR IN ACTION.**

**Presenter: Jackson Davis, Faculty of Law, Humanities and the Arts**

This practical workshop introduces you to the imagination of the theatrical space. As performers you will begin
building those elements key to sustaining yourselves as creative artists: an awareness of the body, engaging with theatrical texts and an appreciation of actively working in an ensemble. Over the two days you’ll be working practically with a series of exercises, games and theatre texts all catered to kick start and maintain your investigation of performance and the theatre medium.

**UOWTV – TASTE LIFE AS A VIDEO REPORTER**

**Presenter: Shawn Burns, UOWTV, Faculty of Law, Humanities and the Arts**
If you are interested in Journalism then try your hand at being a video reporter. This is your chance to taste the life of a ‘backpack’ reporter. The UOWTV will expose participants to the tools and skills required to be a video reporter. The workshop will include an introduction to video interviewing, shooting and editing, and on-screen presentation. The workshop is presented by UOW journalism lecturer and UOWTV coordinator Shawn Burns.

**THE AIIM EXPERIENCE AT INNOVATION CAMPUS (YEAR 9 AND 10 STUDENTS ONLY)**

**Presenters: Assoc. Prof. Michael Higgins, Assoc Prof. Simon Moulton, Dr Stephen Beirne, Dr Tony Romeo, Dr KhayWai See, Paul Scully, Prof. Will Price, AIIM Research Facility**

This is the first workshop to be based at the Australian Institute for Innovative Materials (AIIM) at Innovation Campus. The purpose of AIIM is to develop new materials and devices for energy and medical applications. Students attending this workshop will have a unique opportunity to work with leading science academics and researchers. During this workshop students will be taking part in the following areas:

- 3D Printing and Additive Fabrication, specifically designing and working with 3D printers.
- Nanotechnology; you will have the opportunity to make nanoparticles and sensors
- Microscopy; using electron microscopy and atomic force microscopy to look at samples prepared in the nanotechnology theme
- Race Car Engineering; the race car built in AIIM will be the focus of various activities and ideas

**LOOK DEEPER INTO ASTRONOMY**

**Presenter: Glen Moore, Deputy Vice Chancellor Unit (Research), Science Centre & Planetarium**

Astronomy is popular because of the many spectacular images from telescopes such as Hubble. However the true beauty of astronomy is only revealed through a deeper understanding of the processes which created these fantastic objects. This workshop will concentrate on several astronomical topics to show how science unlocks their nature. This will take place through hands-on demonstrations, laboratory exercises and presentations in the planetarium. Some of the topics include meteorites and asteroids, the complex motions of the solar system and the formation and evolution of stars and galaxies. Glen previously taught astronomy as a senior lecturer in the Department of Physics. He is now Director of the Science Centre and Planetarium on the Innovation Campus.
APPLICATION FORM JANUARY 2014

Please use one application form per student. DEADLINE due by Wednesday 20 November 2013

I am applying for:  ☐ EARLY LEARNING LABS  ☐ LEARNING LABS

First Name:  ____________________________  Surname:  ____________________________
Address:  ______________________________  Postcode:  ____________________________
Phone:  ________________________________  Email:  ________________________________
School:  ________________________________  Year at school in 2013:  __________________
☐ Male  ☐ Female  Aboriginal/Torres Strait Islander:  ☐ Yes  ☐ No  Have you attended this program before?  ☐ Yes  ☐ No
Parent/Guardian Name:  ________________________________
Phone:  ________________________________  Email:  ________________________________

Workshop Preference:  1.  ________________________________  2.  ________________________________
  3.  ________________________________  4.  ________________________________

Please write the names of your workshop choices in order of preference. You will attend only one workshop.

Medication Required:  Plan attached?:  ☐ Yes  ☐ No
Medicare No.:  ____________________________  (in case of emergency)

Please specify any other special needs or requirements:

In your own words please let us know why you would like to attend these workshops:

PAYMENT

Workshop fee is $110 for EARLY LEARNING LABS (Yr 3-6) and $135 for LEARNING LABS (Yr 7-10) for each student. Payments can only be made by cheque, money order, visa or mastercard. If cheques are rejected then it is up to the payee to reimburse any additional bank fees. Please make all cheques out to: University of Wollongong

Credit card:  ☐ Visa  ☐ Mastercard  ☐ Cheque  ☐ Money order  ☐ Scholarship (due 13th November)

Credit Card No.:  ____________________________  Expiry:  / / __________
Name on card:  ____________________________

I authorise $  ____________________________ to be deducted from my credit card ____________________________ cardholder’s signature

Photo Release Authorisation:

I hereby consent for UOW and/or its representatives to use any photographs, film, videos or audio recordings of my appearance for promotions, commercial, and marketing purposes, whether or not accompanied by any narration or dialogue, by any present or future media or means known or unknown.

☐ Yes  ☐ No  Legal Guardian signature:  ____________________________

Check list for parents/students

☐ Have you included one piece of qualifying information (unless previously supplied)
☐ Have you included payment or sponsorship letter
☐ Have you filled out any special needs or requirements if applicable
☐ Have you filled out why you want to attend this program

PLEASE RETURN THIS TO:
Sarah Smith
School of Education
Bldg 67, University of Wollongong NSW 2522
OR SCAN AND EMAIL: sarasmith@uow.edu.au
DUE BY Wednesday 20 November 2013
LEARN ABOUT YOURSELF!

As Marcel Proust, a late 19th century novelist wrote: “the real voyage of discovery consists not in seeking new landscapes but in having new eyes”. Volunteer to host an international high school student in February 2014 through Southern Cross Cultural Exchange and prepare to be amazed at the way this unique and rewarding opportunity helps your family to become closer, to understand themselves better and to see the world in a new light.

Carefully selected students will arrive in July for one term, one or two semesters from France, Italy, Germany, Sweden, Norway, Denmark, Finland, and Spain. They will attend a local secondary school, arrive with their own spending money and comprehensive insurance cover – all arranged by Southern Cross Cultural Exchange. Visit us at our website www.scce.com.au, email scceaust@scce.com.au or call us toll free on 1800 500 501, request our international student profiles, and capture the spirit of family and friendship.

ANGIE WILCOCK AUTHOR TALK

Author and educator, Angie Wilcock, will speak about ideas and strategies to assist families with the transition of Year 6 students from primary school to high school. Angie’s presentation is based on her new book, The Transition Tightrope, a practical and humorous guide to understanding and supporting high school transition. Books will be available for purchase and signing on the night.

Bookings are essential, and can be made online or by calling 9710 0351.

When:
Tuesday, 5th November, 6.30pm - 7.30pm
Where:
Sutherland Library
30-36 Belmont Street
Sutherland
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Learning to drive can be a daunting prospect but our friendly and reliable instructors will set you at ease.

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Stock will be available December 2013

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FREE CHECK FOR KIDS NO GAP SCALE AND CLEAN*

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FULL CHECK UP Consultation, scale, polish, fluoride and 2 bits of x-rays $150

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Free Check for kids NO GAP Scale and Clean*

*New Clients Only

FREE CHECK FOR KIDS NO GAP SCALE AND CLEAN*

*New Clients Only

FREE CHECK FOR KIDS NO GAP SCALE AND CLEAN*

*New Clients Only
<table>
<thead>
<tr>
<th>DATE</th>
<th>WEEK</th>
<th>DAY</th>
<th>VARIATIONS TO ROUTINE</th>
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<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>Term 4 2013</td>
</tr>
<tr>
<td>29/10</td>
<td>B</td>
<td>Tues</td>
<td>P&amp;C Meeting 7.00pm/7.30pm start – Library</td>
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<tr>
<td>30/10</td>
<td>B</td>
<td>Wed</td>
<td>Yr 10 Formal, Doltone House</td>
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<tr>
<td>4/11</td>
<td>A</td>
<td>Mon</td>
<td>Literacy Week</td>
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<td>5/11</td>
<td>A</td>
<td>Tues</td>
<td>Yr 8SR &amp; Yr 8SO Zoosnooz</td>
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<td>7/11</td>
<td>A</td>
<td>Thurs</td>
<td>Yr 9 Canberra Excursion (2 days)</td>
</tr>
<tr>
<td>8/11</td>
<td>A</td>
<td>Fri</td>
<td>All Year 11 Pds 1 &amp; 2 Elevate Workshops</td>
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<tr>
<td>11/11</td>
<td>B</td>
<td>Mon</td>
<td>Yr 9 &amp; 10 Lifesaving (4 days)</td>
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<tr>
<td>12/11</td>
<td>B</td>
<td>Tues</td>
<td>ESSA Test</td>
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<tr>
<td>14/11</td>
<td>B</td>
<td>Thurs</td>
<td>Yr 8SB Zoosnooz</td>
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<tr>
<td>15/11</td>
<td>B</td>
<td>Fri</td>
<td>Yr 11 reports distributed</td>
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<tr>
<td>19/11</td>
<td>A</td>
<td>Tues</td>
<td>Music Camp (3 days)</td>
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<tr>
<td>22/11</td>
<td>A</td>
<td>Fri</td>
<td>Music Night</td>
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<tr>
<td>26/11</td>
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<td>Tues</td>
<td>Yr 8SY &amp; Yr 8SG Zoosnooz</td>
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<td>P&amp;C Meeting 7.00pm/7.30pm start – Library</td>
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<td>28/11</td>
<td>B</td>
<td>Thurs</td>
<td>Yr 9 The Sheldon Challenge</td>
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<td>3/12</td>
<td>A</td>
<td>Tues</td>
<td>Yr 7 Cockatoo Island</td>
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<tr>
<td>4/12</td>
<td>A</td>
<td>Wed</td>
<td>9.30 – 11.00am Yr 7 and other Yrs Orientation Day - Gym</td>
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<td>5/12</td>
<td>A</td>
<td>Thurs</td>
<td>Yr 8 End of Year Excursion</td>
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<tr>
<td>6/12</td>
<td>A</td>
<td>Fri</td>
<td>Yr 9 Sheldon Mystery Tour Excursion</td>
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<tr>
<td>9/12</td>
<td>B</td>
<td>Mon</td>
<td>Yr 11 Assessment Day (3 days)</td>
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<td>Yr 9 Careers Seminar (2 days)</td>
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<td>12/12</td>
<td>B</td>
<td>Thurs</td>
<td>Pd 1 – Yr 7 Awards</td>
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<td>Pd 2 – Yrs 8 &amp; 9 Awards</td>
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<td>13/12</td>
<td>B</td>
<td>Fri</td>
<td>Pd 1 Yrs 10 &amp; 11 Awards</td>
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<tr>
<td>16/12</td>
<td>A</td>
<td>Mon</td>
<td>All Yr 11 Paintball</td>
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<td>17/12</td>
<td>A</td>
<td>Tues</td>
<td>Presentation Night</td>
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<td>Yrs 7 – 10 Reports distributed</td>
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<td>Students last day of school</td>
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<td>Term 1 2014</td>
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<tr>
<td>29/1</td>
<td>A</td>
<td>Wed</td>
<td>Yrs 7, 11 &amp; 12 commence</td>
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<tr>
<td>30/1</td>
<td>A</td>
<td>Thur</td>
<td>Yrs 8, 9 &amp; 10 commence</td>
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<tr>
<td>13/2</td>
<td>A</td>
<td>Thur</td>
<td>Yr 11 Biology Camp (2 days)</td>
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<td>17/2</td>
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<td>Mon</td>
<td>School Swimming Carnival</td>
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<td>19/2</td>
<td>B</td>
<td>Wed</td>
<td>Yr 11 PDHPE Camp (3 days)</td>
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<tr>
<td>20/2</td>
<td>B</td>
<td>Thur</td>
<td>School Photos</td>
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<tr>
<td>24/2</td>
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<td>Mon</td>
<td>Zone Swimming Carnival</td>
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<tr>
<td>5/3</td>
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<td>Wed</td>
<td>Yrs 7 &amp; 11 Camp (3 days)</td>
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<td>10/3</td>
<td>A</td>
<td>Mon</td>
<td>Literacy Week</td>
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<tr>
<td>13/3</td>
<td>A</td>
<td>Thur</td>
<td>Selective High School Test Yr 7 2015</td>
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</tbody>
</table>

The Uniform shop is open from 8.30am – 10.45am every first and last Wednesday of each month in room G1 – 21.

Lost Property is available every day in the office. Parents please make sure your child's belongings are labelled.