Principal’s Report

I know at times I seem like a broken record, but the temperatures are beginning to drop and it is time to get organised with winter uniforms. There are a number of students wearing brightly coloured jumpers. The school has a uniform shop near the canteen, open on Tuesday mornings and Thursday afternoons, where you can source all of the winter uniform requirements.

We have started the debating season and I am pleased to say our first debate resulted in a win over Warners Bay High in the Year 10 competition. We are looking forward to the continuing competitions and many successes.

During the holidays we had some very good news. We have gained a National Partnership Literacy Grant. The grant will provide professional learning for staff literacy development, specifically reading and comprehension. This will allow us to build on the work already started and enhance the programs being implemented. We are already committed to the introduction of Super 6 strategies to explicitly teach coding and comprehension skills.

These skills are:
- Making connections – linking to what the student already knows or has had experience of.
- Visualising: creating a mental picture of the text
- Prediction: making educated guesses about the text may prior to reading
- Questioning: asking questions about what you need to know about a piece of text
- Summarising: identifying key words and concepts
- Monitoring: Checking meaning and understanding

This is an area high school teachers have little training in, as it has traditionally been expected that by the time students reach high school, they have gained these skills. Increasingly, this is not so, and high school teachers are needing to reskill and work to assist students to access written texts. We are excited by the prospect of having the funds to pursue more effective ways of ensuring our students improve their literacy skills.

Swansea High has also been involved in the Healthy School Healthy Futures (HSHF) Research project and we have decided to focus on empowering students to take control of the improvement of culture within the school. The students never cease to amaze me as they step into leadership roles and perform at an exceptional level. Students have led student forums to determine the main areas requiring attention in terms of developing respect, responsibility and being ready to learn, our core values. Out of this process it was determined that students needed to feel happy and safe as a foundation for learning. Our next step is to generate student ideas and suggestions on how this might be achieved, with the Student Representative Council and the HSHF Core team working together to gather these ideas. These groups will then look at the ideas and choose a number of activities that can be undertaken within the school to improve positivity and resilience. These will be undertaken throughout the remainder of the year. There have already been many excellent ideas suggested and I am sure the project will be successful and will assist students to be stronger, more resilient and be able to focus on their learning in the most effective way.

Year 9 students have undertaken a volunteer project under the guidance of their year advisor Mr Dambrough. They are choosing a charity and working toward providing support for them by organising events and fund raisers as a year group. Year 9 are also undertaking volunteer work in the two aged care facilities as well as the two local childcare centres in the latter part of terms 2 and 3. Students will spend an hour and a half assisting in these facilities on a three or four week rotation. It will assist the students through a positive work experience and also an opportunity to give to the community in which they live. We thank the organisations who have partnered in our project.

Our Peer Mediators have had their first mediations and were highly successful and I congratulate them on their commitment and expertise and also a thank you to James Norman, our school Chaplain, for his organisation and support of the mediators. Also our Duke of Edinburgh students have completed their first hike with students completing both bronze and silver hikes. Well done to all, particularly Mr Tait, Mr Casey and Ms Thompson whose older bodies paid a high price for the task!!

Finally, I would like to thank all of the parents who came to support the students receiving awards in our Achievement Assembly. We were extremely happy to see so many parents showing their support for the effort and accomplishments of the students. I know the students were very proud to stand up in front of you, even though as teenagers they will never admit it! I believe it is the first time we were unable to fit the school in to an assembly. We have worked on an expansion of the seating for the next assembly and look forward to seeing everyone there again, celebrating the achievements of our students.

Robyn Leggatt
Relieving Principal

School Uniform Shop

The Uniform shop is open Tuesdays 8.30-11.30am and Thursdays 1-4.00pm every week.

Parents and carers can contact the Uniform shop on 0434 285 031 or email swansea@daylightcorp.com.

Phone orders are accepted with credit card payment during the opening hours.

Why not come and check out our winter stock. We have two styles of jackets, microfibre trackpants, black stretch pants and black cable scarves.

Thank you,
Jacqueline Bugeja
Uniform Shop Coordinator
**Aboriginal Student Leader**

<table>
<thead>
<tr>
<th>President</th>
<th>Chloe Anning</th>
<th>Year 11</th>
</tr>
</thead>
<tbody>
<tr>
<td>Vice President</td>
<td>Mitchell Dyet</td>
<td>Year 10</td>
</tr>
<tr>
<td>Secretary</td>
<td>Jesse Harvey</td>
<td>Year 9</td>
</tr>
<tr>
<td>Assistant Secretary</td>
<td>Jay-D Stewart</td>
<td>Year</td>
</tr>
</tbody>
</table>

**Aboriginal Student Leader**

**Term 1 Achievement Assembly**

**Principal’s Commendation Awards**

<table>
<thead>
<tr>
<th>Year 7</th>
<th>Tyler Awty</th>
<th>Oliver Baird</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Anrazona Cassar</td>
<td>Benjamin Flint</td>
</tr>
<tr>
<td></td>
<td>Madelyn Gilson</td>
<td>Lauren Kamps</td>
</tr>
<tr>
<td></td>
<td>Chloe McDougal</td>
<td>Kayla McSpadden</td>
</tr>
<tr>
<td></td>
<td>Elia Milne-Gray</td>
<td>Isobelle Newland</td>
</tr>
<tr>
<td></td>
<td>Jade Reynolds</td>
<td>Emma Smith</td>
</tr>
<tr>
<td></td>
<td>Erik Soliland</td>
<td>Jay Stewart</td>
</tr>
<tr>
<td></td>
<td>Joseph Ward</td>
<td></td>
</tr>
<tr>
<td>Year 8</td>
<td>Sheridan Allen</td>
<td>Owen Byrnes</td>
</tr>
<tr>
<td></td>
<td>Jason Dizon</td>
<td>Madelyn Janes</td>
</tr>
<tr>
<td></td>
<td>Shantelle Janik</td>
<td>Rosie Jenkins</td>
</tr>
<tr>
<td></td>
<td>Sophie Myers</td>
<td>Brandon Oblasser</td>
</tr>
<tr>
<td></td>
<td>Kirby Pilgrim</td>
<td>Meagan Potts</td>
</tr>
<tr>
<td></td>
<td>Jyh Toby</td>
<td>Timothy Walker</td>
</tr>
<tr>
<td>Year 9</td>
<td>Jordan Coates</td>
<td>Kayla Crawford</td>
</tr>
<tr>
<td></td>
<td>Chelsea Duffin</td>
<td>Matthew Hanania</td>
</tr>
<tr>
<td></td>
<td>Darcy Keenan</td>
<td>Benjamin Kilee</td>
</tr>
<tr>
<td></td>
<td>Lara McSpadden</td>
<td>Jacob Mulliett</td>
</tr>
<tr>
<td></td>
<td>Livia Parker</td>
<td>Brittany Sulis</td>
</tr>
<tr>
<td>Year 10</td>
<td>Mitchell Dyet</td>
<td>Isabella Gay</td>
</tr>
<tr>
<td></td>
<td>Jakob Moss</td>
<td>Ewan Oke</td>
</tr>
<tr>
<td></td>
<td>Kyle Ritzau</td>
<td>Nathan Sanders</td>
</tr>
<tr>
<td></td>
<td>Christian Walsh</td>
<td></td>
</tr>
<tr>
<td>Year 11</td>
<td>Ryan Enright</td>
<td>Maddison Fennell</td>
</tr>
<tr>
<td></td>
<td>Katie Marsh</td>
<td>Vanessa McDonald</td>
</tr>
<tr>
<td></td>
<td>Luke Reid</td>
<td>Kyle Tatters</td>
</tr>
<tr>
<td>Year 12</td>
<td>Marley Carroll</td>
<td>Dewi Flint</td>
</tr>
<tr>
<td></td>
<td>Lauren Gregory</td>
<td>Kade Newell</td>
</tr>
</tbody>
</table>

**SRC Members for 2013**

<table>
<thead>
<tr>
<th>Year 7</th>
<th>Lachlan Dowsett</th>
<th>Ethan Gosling</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Kayla McSpadden</td>
<td>Elia Milne-Gray</td>
</tr>
<tr>
<td></td>
<td>Jay D Stewart</td>
<td></td>
</tr>
<tr>
<td>Year 8</td>
<td>Emma Boerijte</td>
<td>Grace Carrall</td>
</tr>
<tr>
<td></td>
<td>Jason Dizon</td>
<td>John Hoffman</td>
</tr>
<tr>
<td>Year 9</td>
<td>Jordan Coates</td>
<td>Nikkira Dowsett</td>
</tr>
<tr>
<td></td>
<td>Jesse Harvey</td>
<td>Lara McSpadden</td>
</tr>
<tr>
<td>Year 10</td>
<td>Mitchell Dyet</td>
<td>Zachary Graham</td>
</tr>
<tr>
<td></td>
<td>Lucy Hewson</td>
<td>Jordan Petty</td>
</tr>
<tr>
<td></td>
<td>Nathan Sanders</td>
<td></td>
</tr>
<tr>
<td>Year 11</td>
<td>Chloe Anning</td>
<td>Jessica Graham</td>
</tr>
<tr>
<td></td>
<td>Vanessa McDonald</td>
<td>Joshua Pracy</td>
</tr>
<tr>
<td></td>
<td>Joshua Wheatley</td>
<td>Peter Wilson</td>
</tr>
</tbody>
</table>

**Deputy Principal**

By the end of this term I will have been working at Swansea High for 12 months. During this time I have focused on getting to know school processes and procedures, and the school community. Thank you to everyone, - students staff and parents who have befriended and supported me through my first year at Swansea High. I look forward to my future years at this school.

Parental support is one of the most significant influences on student achievement. Thank you, to all of the parents who attended the Achievement Assembly at the beginning of the term. I was overwhelmed at the number of parents who attended to acknowledge the achievement of their children. It meant a lot to the staff and the students.

Term 2 is report time. Final assessments and examinations are the last chance to strive for personal best before the end of term. Year 11 Preliminary Half Yearly Exams are a formal examination in the hall and start on the 20th May. Year 7-10 exams will be done during class time.

We had a couple of outbreaks of head lice last term. Now that we are back at school I encourage you to check your child’s hair on a regular basis during the term. If your child does suffer an infestation, use the recommended treatments from the chemist and keep them at home until all eggs have been removed. Also notify the school so that I can send a letter home to the rest of the students that there has been an outbreak. These procedures help keep the problem to a minimum.

Our School Chaplain has trained 7 Year 10 students in Peer Mediation. Peer mediators assist junior students to solve their problems through discussion and negotiation. An adult supervisor is always close by to assist if required however students are very good at creating solutions themselves if they are assisted by their peers. This process is also a step towards addressing problems before they escalate to the Deputy Principal level. To arrange a Peer Mediation students should see their Year Advisor or the School Chaplain.

During Week 5 I will be asking staff to identify students who have been working well and students that are at risk of non-achievement in Years 11 and 12. It is from this information that I then send out commendation letters and place certificates in the rolls for students who have been working well. These certificates should be then shown to the Year Advisor. The Year Advisor keeps a tally and students can work towards Silver, Bronze and Gold Awards for the end of Year Presentation Assembly. As it took me a very long time to write out all of the Commendation Certificates I am going to create one certificate and list all of the subjects where the student was recommended. Students who are significantly at risk are placed on a Program of Improvement and parents are notified either by phone or by letter or both.

Have a productive, harmonious and happy Term 2.

Gull Skamperle
Deputy Principal

**Caves Beach Public School**

**P&C 2013 Fundraiser**

**Dinner and Comedy Cabaret (Adults Only)**

**Friday, 31 May @ Swansea RSL**

Doors open 7pm – Dinner 7.30pm
Pre-paid Ticket Entry $50.00 includes a two course meal

Tickets on sale now at the school office
Numbers are limited, so book early!
Tel: 02 4971 1838

**Canteen News**

A GREEN Canteen price list is INCLUDED in this newsletter for your convenience.

Gull Skamperle
Deputy Principal
Science
With Term 1 past us and Term 2 in full swing, things are bubbling along in the Science faculty.

HSC courses should be deep into their final core topics now, with only the option topic to go. Students should look at each of the options on offer before deciding which option they would like to study. As it needs to be a whole class decision, students should have a preference list of which they would like to study most to which they would like to study least. Often, the area of expertise for the teacher comes into play, however the Science staff are experienced enough to deliver each of the options available.

Preliminary courses should be approaching the half-way point. Although the Preliminary year doesn’t count towards the HSC year, it does lay the foundations for a successful HSC year. Although most students have successfully made the transition from junior student to senior student, some students are still stuck in an “us vs them” mentality. These students need to realise that the staff are there to help them successfully complete the senior years of school. There should be no discipline issues involving behaviour, lateness, lack of equipment, etc.

Year 10 courses are moving along. The final student research projects are now due and students should get them in ASAP. With the removal of the School Certificate and change to the RoSA, students in Year 10 need to know that the results they achieve from now on will be on their RoSA credential when they finish school. Although it mightn’t seem important now, when you apply for a job and your results don’t reflect your abilities, you may be overlooked for a job for someone who has done the right thing and tried their best at school. Just something to keep in mind.

As for the rest of the junior courses, they are cranking along. As we move into the exam time of the semester, it is worthwhile to remember that a little bit of study each week can help you out during exam time, rather than a final cram the night before.

Paul Nebauer
Head Teacher Science
Snappy dresser

HSIE
The staff of Swansea High and especially the HSIE faculty, have formally farewelled Mrs Jann Robertson who retired at the end of Term 1 2013. She was a vital member of the school community, being involved in activities such as Year Advisor and Board of Studies Representative along with teaching a large number of students over the years. We wish her a long and happy retirement.

Term 2 is always a very busy time at school with the combination of assessment tasks and assignments being completed as part of our formative assessment. Students are reminded that these tasks are used as a basis for their reports and they should be aiming to submit responses which are to the best of their ability.

Thirteen students attempted the Australian Geography Competition in March and we are eagerly awaiting the results in July. The competition is conducted nationally and over 80,000 students have entered. Congratulations to the students and we will be entering the competition again next year where we expect to have greater participation.

Some of our Year 10 students submitted excellent assignments recently in both History and Geography and should feel proud of their achievements. Unfortunately not all students produced work of the same quality and some students have been issued with “N” award warnings which must be resolved. The guidelines for the new Record of School Achievement (ROSA) are the same as for the old School Certificate. If a student believes they cannot complete a task, they must speak to their teacher or myself before the due date.

Our senior courses are all progressing well and the vast majority of students are engaged in learning at this vital time of their schooling. Time management is important with upcoming assessment tasks and examinations to ensure that each task is given their full attention. Students are also reminded to bring their laptops to school when directed by their class teacher.

Regards,
Adam Young
Head Teacher HSIE

LOTE
Year 7 have now well and truly settled into their foreign language lesson routines and expectations. They are now adapting to their change of lesson start routines with the students now having the opportunity to use the target foreign language (Japanese or French) to be class captain and instruct their peers to bow in and greet the teacher, tell the teacher how many class members are present/absent and finally, name the absent students so the teacher can mark the roll.

The Year 8 Elective Japanese students can now give and receive information about telling the time. They are also currently talking about who and how many people are in their family. The Year 8 Elective German students have been doing some basic
question and answer routines (name, age, school year, birthday, nationality etc.). They also know about numbers up to 99. More recently, we have had a grammar focus with nouns, gender and dictionary work.

The Year 10 Elective Japanese students can now describe people and things beautifully using adjectives in both past and present tenses and also in either positive or negative forms. It will soon be time to get moving (excuse the pun!) with verbs.

Mark Pascoe
Language Teacher

Monsieur Pascoe
mardi le quatorze mai deux milles treize

Library

Library classes:
During Term 2 Year 8 classes are concentrating on selecting web sites which are reliable and current. Classes are taking place in computer rooms, where possible, to allow students to individually complete a unit. Can you trust all web-based information? This unit begins with being able to pick the differences between hoaxes, satire and parody. A number of fake web-sites are being analysed, including those on the Tree climbing octopus, aluminium foil helmets, the Australian drop bear and the Republic of Molossia.

Classes which complete the web-site based work will experiment with QR readers and generators to find information about books and complete treasure hunts of the library. You may have seen QR codes in supermarkets, in newspaper advertisements and on the covers of some books. They are a new technology which can store URLs, text and other alphanumeric data.

Library Lounge:
The S.R.C. has approached the library with a suggestion to provide a more relaxing area for students in the library. As this idea is in keeping with the National Curriculum (English) emphasis on reading for pleasure and with literacy initiatives the blue study carrels have been moved onto the mezzanine level to create a senior study. This has created enough space for a number of lounges. Bright red lounges have been purchased. The S.R.C. will no doubt have further furnishings such as cushions and beanbags in mind to make this area more attractive. I look forward to collaborating on this project with them.

Michelle Jarrett
Librarian

Attendance:
The law requires school attendance until a child turns 17 years of age. Regular attendance at all lessons, including sport is a Department of Education and Training requirement and is necessary if a student is to be awarded a School Certificate. Our school monitors attendance closely. Parents will be contacted where concerns exist and where attendance is excellent.

As well as Roll Call each morning, class rolls are marked for every lesson. A daily absentee sheet is distributed to all staff. This sheet lists all students who were absent from Roll Call that day, who are attending a school activity or are on suspension. When a student is missing from class and not on the absentee sheet, their teacher follows up using the school procedures to find out why the student was missing. In most instances the student has a sound, legitimate reason for the absence.

Truancy, both whole day and individual lessons, and during breaks such a lunch and recess is a very serious issue. As well as disrupting their learning, it also means that a student’s safety is at risk because they are without adult supervision at a time when their parents expect that they do have supervision.

Roll Call
Roll marking is a legal requirement and students must be in their Roll Call room for roll call to be marked as present that day. Roll Call is from 9.00am to 9.08am every day except Tuesday when it finishes at 9.05am. Please ask your child to respond in a clear voice.

Late Arrivals.
Students arriving at school after 9.08am must report to the Administration Office. All students, including senior students will be given an authorised late pass. This ensures that the student’s attendance is recorded accurately on their roll and you do not receive a text message. The student is to then take this late pass to class and hand it to their teacher for that lesson.

Careers

Year 10
• Newcastle Careers Expo – The careers expo is on again at the Newcastle Jockey Club on Friday 24th May. Swansea High has a full bus load of students attending this very important event. Any students in Year 10 who failed to return permission notes for the bus and wish to attend with their parents can obtain a $5 wrist band from the careers office with a note from their parents confirming they will be accompanying them. If any senior students wish to attend using their own transport, they need to complete the relevant forms available from the careers office.
• Year 10 University Excursion - We have an excursion planned to Newcastle University for a limited number of motivated yr10 students. The excursion will be on the last day of term (Friday 28th June), and will be a guided tour of the University outlining all the Uni has to offer. Students will be invited to attend this excursion based on the quality of the work completed in their first term careers lessons.

Year 12
• University Visit Day – The Year 12 Newcastle University Visit Day is on Wednesday 17th July. This is Week 1 Term 3. This is a great opportunity for next years University students to listen to talks in key degree areas and make informed decisions. Remember Year 12 you only have 15 weeks of school left and 8 school weeks before you can start choosing university subjects through UAC. If any students and/or parents wish to make an appointment with me to discuss options for next year, please email me or phone the school, otherwise I will endeavour to personally interview every Year 12 student alphabetically before they finish school.

Jobs
• I receive approximately 40 new junior job vacancies every Monday via email. These range from casual jobs to full time apprenticeships and traineeships. I forward this to every Swansea High students’ school email weekly. If you would like to receive this to your email please email me and I will include you on the list.

Mark Korsman
Careers Adviser
mark.korsman@det.nsw.edu.au

Continuing news from L.O.T.E, Careers and Library
17 May 2013
Year 7 Update
Today as I write this Year 7 update. Year 7 students are about to sit for their first Naplan test in high school. Mr Pascoe and I wish them all the very best.

Within the next two weeks all Year 7 parents/carers will be receiving an information letter about their child’s progress in each individual class.

Year 7 were very busy throughout Term 1. For example, in technology (mandatory) Year 7 have had the opportunity to research, design, create and produce recipe books, iGRAFFITI gadget stowaways, timber storage boxes and graphics.

A sample of some iGRAFFITI gadget stowaways

“To Live a Creative Life We Must Lose Our Fear of Being Wrong”
Joseph Chilom Pearce

Aboriginal Education
Throughout Terms 1 and 2, Swansea High School has been engaging with our local Aboriginal community to provide opportunities for our students to connect with their identity and culture.

In conjunction with Lake Macquarie City Council and Youth Week, our school hosted a Didgeridoo workshop for young Aboriginal males. The boys learnt how to play the Didgeridoo from Mick “Didge” Davidson and spent the day with a range of Aboriginal male mentors. The Didge Day was followed by a BBQ for our Aboriginal students, parents and community members. We had a great turn out of over 30 people.

The Sista Speak Program is up and running this term for the first time at Swansea High. Sista Speak is an Aboriginal girls mentoring program which runs each week for students in Year 9 and 10. We have been lucky enough to have guest speakers attend and our parent volunteer- Sharee Bailey.

Selected students from Year 7-10 have been participating in the “Kayu Digi-Media Program” coordinated by Heather Jones and Penny Lee from Hunter TAFE. Students engage in the production of a digital media product that explores the themes of cultural/personal identity, family and community connection, cultural and family histories. The students have attended excursions to Bahtabah Land Council, Galgabba Reserve and Swansea Heads to gain inspiration.

Our Junior Aboriginal Education Consultative Group was elected this term. The role of the Junior AECG is to hold meetings twice a term to represent our Aboriginal students and provide them with a voice. All four of our committee members are also representatives on the SRC.

- President- Chloe Anning
- Vice President- Mitchell Dyet
- Secretary- Jesse Harvey
- Assistant Secretary- Jay-D Stewart

The Minimbah AECG will be holding their next meeting 6pm, 6th August at Floraville Public School. The AECG is a place where Aboriginal parents and community members have a say in what happens in their child’s education within their school and community. We would love to see our parents and families attend.

Plans are well underway for NAIDOC Week. Our celebrations will be held Tuesday, Week 8. Stay tuned for more information.

Lauren Anderson
Aboriginal Education Coordinator

Cheers
Tania McLaren and Mark Pascoe
2013 Year 7 Advisers
## Coming Events for Term 2

**Week 4**
- **20 May**: P7-8 Marine excursion
- **21 May**: P3-8 U/15 Bill Turner Boys Soccer
- **22 May**: Wotopera Artology all day at school
- **23 May**: P5-6 Marine excursion
- **24 May**: HSC Physics Assess Task 3; P4-6 Year 10 Newcastle Careers Expo

**Week 5**
- **27 May**: P7-8 Marine excursion
- **29 May**: Captains visit Parliament House all day
- **30 May**: P5-6 Marine excursion
- **31 May**: Newcastle Conservatorium Wotopera all day; P1-6 Digital Media excursion; Y8 & Y10 Assessment Tasks completed; Galgabba Bush Tucker Walk

**Week 6**
- **5 June**: School Photography Day
- **6 June**: P7-8 Marine excursion
- **7 June**: P7-8 HSC Biology Assessment Task

**Week 7**
- **10 June**: Queens Birthday Holiday
- **12 June**: Eastlakes Zone Athletics Carnival at Glendale; Excursion to The Laramie Project at Sydney
- **13 June**: P5-6 Marine excursion; Y12 Assess Task Extension Maths due before school
- **14 June**: P1-2 Y12 Maths Assess Task

**Week 8**
- **17 June**: P7-8 Marine excursion; P1-4 Chemistry excursion at Newcastle Uni; P5-8 Physics excursion at Newcastle Uni; Chess Tournament in hall all day
- **20 June**: P5-6 Marine excursion
- **21 June**: Prelim Chemistry Assess Task 3

**Week 9**
- **24 June**: P7-8 Marine excursion; P7-8 Prelim Engineering Studies Assess Task
- **25 June**: P1-4 NAIDOC celebrations Y7 & 8; P5-8 NAIDOC Celebration Y9 & 10
- **26 June**: Y11 & Y12 Crossroads all day
- **27 June**: P5-6 Marine excursion
- **28 June**: Y10 University tour all day at Newcastle Uni – Careers Education; LAST DAY of Term

---

**GORDON’S DRIVING SCHOOL**
**BELMONT**
**P/I 4945 4286**

* LOW-RISK DRIVING SPECIALIST
* Cars are 5-Star ANCAP rated
* Auto or Manual
* Structured Lessons

---

**SUBLIME BEAUTY**
23 Josephson, SWANSEA

49 716633
www.sublimeretreat.com.au

Come and visit us at our brand new salon in Swansea. We have new treatments including microdermabrasion, shellac nails and acrylic nails and all your old favourites

**PARENTS AND STUDENTS**
Purchase any three Dermalogica Skin Care products and receive a FREE mini microdermabrasion treatment valued at $60 (please mention this ad)
Call for an appointment
We look forward to seeing you soon
*Valid until 30 April 2013

---

Disclaimer: The advertisements included in the Principal’s Newsletter should in no way be considered as recommendations by this school. Any advertising fees paid, help to offset printing costs.
KIP McGRAH EDUCATION CENTRE

We can help build the foundations for academic success
12 High Street,
Belmont, NSW, 2280

For MATHS & ENGLISH
Not every child thrives at school. Some experience difficulty in keeping up, frustration at not understanding and, as a result, lack hope

Our programs help kids overcome learning obstacles by giving them a much needed boost of confidence. We provide a caring and stimulating environment that makes learning fun and effective.

Sue Felsinger, Director of Belmont Centre
Phone 02 4945 4112 or Mobile 0422 907 325
Belmont@kipmcgrath.com.au or

CLARK COACHING TUITION
Specialising in English & Mathematics

- Each small class receives focused teaching and tuition from Mrs Jeanine Clark
- Most popular class “M&E” consists of 1 hour Mathematics plus 1 hour English tuition
- Specific classes available for high school Tuition – Years 7, 8, 9, 10 & 11

Student intake bookings are now open
It is recommended to book early as there are limited placements per class

Mrs Jeanine Clark (school teacher
Bachelor of Education (Sydney Uni 1989)
Experienced fully qualified school teacher
Principal for Sydney Coaching Centres for last 20 years
24 years school & tuition experience
59 Park Avenue, Caves Beach
Email: clarkcoaching@hotmail.com.

One Stop Sensory Shop
18 Market Square, Hunter Street
Newcastle

Hours: Tue-Sat, 10.00am-2.00pm

Sensory Resources for both Professionals, Schools & Home
A truly one stop shop for all your sensory needs for your therapy sessions, the classroom, the family home.

Phone: 0435 806026
Email: Sharon@onestopsensoryshop.com.au

FAMILIES COULD RECEIVE UP TO $500 for Education Related costs.

Saver Plus participants receive up to $500 in matched savings to help pay for educational costs for themselves or their children, including computers, excursions, school uniforms & sport costs & equipment.

People may be eligible to join Saver Plus if they or their partner:
- Have a Centrelink Health Care Card or Pensioner Concession Card
- Are at least 18 years or over
- Have some regular income from work
- Are a parent or guardian of a child at school or this year OR are attending or returning to vocational education themselves

Phone 4927 8385 or 0418 699 646
Saver Plus Program
The Smith Family

Volunteering Opportunity with Volunteering Opportunity with Home-Start
Newcastle & East Lake Macquarie areas

Home Start Program is looking for people with parenting/life/work experience who are willing to offer a few hours per week to support a family with young children.

NO COST
On completion of course you will be provided with a Certificate of Participation

Daytime Course commencing
Wednesday 29 may
10.00am – 2.30pm
Family Action Centre
University of Newcastle

Phone Philippa 4921 6842
**Tips for Parents**

### Managing depression

One in four kids over 12 has symptoms of depression. Would you know what to look for and how to help? Don’t be afraid, ask your child how they are feeling and keep communicating with them.


### Financial literacy

Does your child need help with business and economics? Here’s info on credit cards, how to be responsible spenders and savers, and make consumer choices.


### Technology savvy girls

We know our girls are just as techno-savvy as boys – so why do you think they’re not pursuing careers in technology? Read how Silicon Valley is opening the gate for girls and making them consider technology studies.

Find out: [http://dealbook.nytimes.com/2013/04/02/opening-a-gateway-for-girls-to-enter-the-computer-field/?hp](http://dealbook.nytimes.com/2013/04/02/opening-a-gateway-for-girls-to-enter-the-computer-field/?hp)


Assignments due

Is your child unsure how to work to a deadline? Teach them how to find the end date and work backwards to plan their preparation activities. These assignment starters on popular topics also help kids to kick-start their projects. Find out more: [http://www.schoolatoz.nsw.edu.au/homework-and-study/other-subjects-and-assignments](http://www.schoolatoz.nsw.edu.au/homework-and-study/other-subjects-and-assignments)

Reading challenges


Homework drama

Demystifying Shakespeare can be challenging for the best of us. Ask your child to concentrate on the characters and who they identify with, to relate it back to modern day. Or try suggesting to your teen they are like a detective who has to do some sleuth work to really understand the play. Find out more: [http://www.schoolatoz.nsw.edu.au/homework-and-study/english/english-tips/helping-kids-cope-with-shakespeare](http://www.schoolatoz.nsw.edu.au/homework-and-study/english/english-tips/helping-kids-cope-with-shakespeare)

---

**PEPTIDES IN SPORT**

Much has been made of the recent “drugs in sport” brouhaha, and many students have been asking “What are these peptides and what do they do?” Here’s the lowdown ….

One of the “drugs” used is a class called Growth Hormone Releasing Peptides (GHRP). As the name suggests, they promote the release of Growth Hormone (GH) in the body. Which leads us to …

What is GH? It’s a chemical released by the pituitary gland in the brain. GH is responsible for growth of the body. It boosts metabolism, allowing you to burn fat, lay muscle tissue and aids body repair. The body naturally produces GH a lot when young, as the body grows. After puberty, GH production slows and is produced in short bursts as required.

The basic thought goes like this: “If a little bit is good, more is better”. Right? Well, not really. While a small increase in GH can provide benefits, such as melting away fat, building muscle and faster recovery from injury (all good for sports people), the amount needed is small and the benefits, although there, are small. Too much GH can lead to all sorts of problems. People who produce too much GH due to a pituitary gland issue can develop gigantism and have all sorts of problems with their internal organs, especially the heart and liver. So if the benefits are small and the dangers are great, why take the risk?

Another issue is getting GH. GH can be obtained from cadavers, but it’s expensive. GH can be manufactured, but the purity is questionable. But, the body already makes GH for free. So what if the body could be tricked into making more. Enter GHRP ….

As the body needs GH, it releases GHRP. The GHRP sensors in the pituitary gland detect it and release GH. So if we increase the amount of GHRP in the body, we can increase the production of GH. Right? Well, not really. It turns out the GHRP sensors in the pituitary gland become desensitised if too much GHRP is present and stops releasing GH. The danger here is that if you have injected GHRP and de-sensitised the receptors so no GH is produced, what happens if the body needs GH and naturally produces GHRP? No GH is produced and the benefits the body needs aren’t realised. So you get an initial boost of GH, but if you keep injecting GHRP, you don’t produce any GH.

The only fix is to stop taking GHRP and let the pituitary gland become re-sensitised. But this takes time. In the meantime, if your body is injured, it takes longer to recover.

Another problem is the manufacture of these peptides. A peptide is a short chain of amino-acids joined up. It’s relatively easy to make a peptide. You just need to know what amino-acids you need and the order they are in and simple machinery can join them up, much like links in a chain. While the amino-acids exist is crystalline form, they need to be dissolved in solvents in order to join up. Once joined up, the solvents need to be removed. Most of the peptides available on the market (they are easy to get) are made in cheap labs overseas and the solvent removal is usually incomplete. While you are injecting a peptide, you are also often injecting poisonous solvents like formaldehyde and cyanide. These cause other health issues.

So injecting GHRP to stimulate GH doesn’t work. It can actually have the reverse effect. And their production is dubious at best. In short, dumb idea.

There has been no scientific study on the effectiveness of GHRP. Most athletes have a sample size of 1 – themselves. The current issue involving Cronulla revolves around their 2011 season. They came 13th, 2 points from the wooden spoon. Not exactly “performance enhancing”.

Paul Nebauer