Principals Message

Welcome back to our school community for another exciting year of learning and involvement in a range of in-class and extra-curricular activities.

Welcome to our new staff:
Mr Howarth – Science
Mr Fogarty – HSC
Mr Gifford (our Exchange teacher for Mr Tait from the Shetland Islands) - PDHPE

We are always looking to maintain our strengths and develop our weaknesses. To do this we are focusing on the strategic directions from our 3 Year Plan. We are in our second year of this plan and I will remind you that our directions are:

1. Creating stimulating learning environment – both physical and learning environments.
2. Developing positive relationships and partnerships – teachers, students, parents and the community.
3. Promoting individual personal best – supporting all students to do their best through literacy and numeracy programs and professional learning for staff.

It is timely to add some reminders for 2016:

1. There will be a Yr 7 “Meet the Teachers” afternoon on the 2nd March so that parents can come along and put a face to the name of the teachers of Year 7 students. The staff will also provide an overview of the work they will be undertaking during the year and ways we can work in partnership to ensure they achieve their personal best.

2. The STRIVE Tutorial Centre will be operating again in 2016. This is a FREE tutoring service for our young students held on Tuesday and Thursday directly after school. Students who wish to apply for tutoring positions need to see Mrs Buckley for an application form. These tutor positions are paid positions and the school becomes their employer. Students who wish to take advantage of the free tutoring must also see Mrs Buckley to enrol in the program. Students can attend one or both days each week or can access the support when they find they need assistance to complete an assessment task or need help to understand something they are learning in class. Many students utilise the tutors to help them with their maths work on moodle and maths space.

3. All students have access to Maths Space – an online Maths tutoring program to complement their in-class learning. If your student does not have a log-in please contact their Maths teacher.

4. Our Positive Behaviour for Learning Program is continuing in 2016. In 2015 we have completed the expectations for behaviour for all outside areas including the playground, oval and active areas, toilets, canteen, corridors and finally moved onto the use of mobile phones in classrooms. All of our expectations are initiated by our student leadership group including our Student Representative Council and volunteer Working Party and then taken to staff for consideration. Very few changes have been made by staff to the very insightful development undertaken by students. In 2016 we will be working with our students on in-class expectations.

5. In 2016 we are implementing a new program called the Jumpstart program for students in Stage 5 who are looking to move into a Stage 6 Vocations Education Pathways toward the HSC. The course is focused on the development of skills in a variety of trades (construction, metals, bricklaying, concreting, welding) as well as retail, fitness, hair and beauty and administration. There is also support for class work and an opportunity to follow their own passions in a project undertaken each term.

5. It is great to see all of our students wearing their school uniforms proudly at the beginning of 2016. Thank you to all parents and caregivers who have supported their students to look so wonderful!

6. Without your support in paying school fees some of these projects will be minimized. Our funding from the GONSKI Reforms have assisted us greatly but in 2015 our funding from this source was reduced by $40,000 due to the increasing advantage of our school. This means we rely more heavily on the voluntary contributions from our families to bridge this shortfall. The compulsory fees for elective subjects are vital to allow the electives to run. We would be happy for fees to be paid in installments if this helps.

I look forward to another great year at Swansea High and welcome your input whether positive or negative to help us to continue our improvement.

Robyn Leggatt
Principal

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Rotary International Youth Exchange Program

A year of study overseas on a Rotary International Youth Exchange Program gives secondary school students an opportunity to develop an understanding of differing cultures, learning a new language, making of international friendships and much more. It provides personal development and a sound basis for future education and career goals.

Applications close on 1st April 2016 and the preferred age group is between 15 to 17 years. Interested parents and students should phone Denise on 0417 263 303.

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Welcome back to Swansea High for another year of exciting learning experiences and opportunities to form friendships and connections which last a lifetime. Year 7 settled in extremely well, as has the rest of the school. At the beginning of the school year there is always information which is important to new families and a reminder to those of you who have been here for some time.

Positive Behaviour for Learning (PBL)
Each day, in the classroom, in the playground and for participation in extracurricular activities, students are able to earn Blue Merit Certificates from staff for demonstrating - Respect, Responsibility and Ready to Learn. During Term Four 2015, Year Nine received the highest numbers of "Blueys" and have been rewarded with a sausage sizzle this term. The Blueys will be counted on a regular basis and a running Tally will appear on the Daily Notices. Year 7 have adjusted to secondary school very quickly and are winning our Blueys Award Competition as of Week 3.

Leaving the School Site
Junior students are not permitted to leave the school site without an early leaver's pass which can be obtained from the Administration Office. Students leaving the school site without permission will be given an afterschool detention or the equivalent.

Senior students are permitted to leave the school grounds in non-timetabled periods and at recess and lunch. The conditions are:
- Any time periods outside the above for example, staff absence where there is no relief teacher, require permission from a parent. Contact the Administration Office if you give your child permission to leave.
- Students must sign out and then sign back in. This is very important for WHS purposes such as evacuations.
- When signing out students must show their timetable.
- Students are not to loiter in Rae Street.
- Students must be respectful and responsible at all times and remember they are representing their school. Serious or repeated failure to do so will result in consequences which could include loss of this privilege.

Lunch passes are available to students with medical conditions only which require them to go home for lunch.

Notification of extended leave
Parents will no longer be able to apply for an exemption from school for holidays. In 2015 the DoE (Department of Education) has changed School Attendance codes and a student will be marked as "leave" which is counted towards their absences. If there is a sound reason for holiday during the school term which is accepted by the Principal the absence will be marked as "exempt" and a Certificate of Exemption – Holiday may be granted.

If you are going on holidays for an extended period of time please:
- Notify the front office
- The student should report to the Deputy and collect a “Notification of Extended Leave” form which they must get their teachers to sign and notify them of any work that should be completed while they are away.
- If approved by the Principal the student should also collect and complete the exemption form for extended period of absence from school. This should be a minimum of 5 days.

Anti-Bullying
This term at each assembly I will be briefly talking about kindness and tolerance towards others and encouraging students to support their fellow students in a positive way. So far I have talked about accepting individual difference and asked students to try to do at least one random act of kindness to others. I also reviewed the difference between conflict and bullying and who to contact when these things happen.

Ready to Learn
Thomas Edison said, “if we did the things we are capable of, we would astound ourselves”. I encourage all students to try to achieve their personal best this term. This means being Ready to Learn - having equipment, staying focused in class, follow and complete all the work and complete all assessment tasks on time.

Guli Skamperle
Deputy Principal

P & C
Just a reminder that P&C meetings have commenced for the year, we meet the first Wednesday of each month at 4:45 pm in the Common Room and would love to see some new faces.

Canteen News
Your school canteen is in need of volunteer helpers – can you please help?
Mum, Dad, Grandparents – our very helpful and friendly canteen staff would appreciate your assistance.
Like all schools we are experiencing difficulty in finding enough workers for our canteen.
Please contact the school canteen on 4971 1944 if you are able to help - 1 day per month is all we need!
Mathematics

Calculators. ALL students need to bring their own calculator (and NOT a mobile phone) to EVERY Maths lesson. Suitable calculators may be purchased from the school’s Administration Office for $25. Also, on the odd occasion that a student leaves their calculator at home, they can borrow a calculator from the Library. So, there’s no excuse not to have a calculator every lesson.

NAPLAN. The National NAPLAN testing occurs early in Term 2 for Years 7 and 9. The Maths Faculty are assisting students with their NAPLAN preparation. An important part of this preparation is for Year 7 and 9 students to complete online weekly homework on Moodle. Please encourage your student to complete this homework.

Mathspace. Mathspace is a powerful online mathematics tutorial program that Swansea High has purchased for all Swansea High students. Certainly, Mathspace will be used in Maths classes but its real power lies in students (with the help of their parents) taking greater participation of their mathematics learning. Please encourage your student to regularly use Mathspace.

Senior Early Lessons. The Maths Faculty has an initiative of ‘we add 4’ where we are implementing strategies to improve every student’s HSC mark by 4. Part of this strategy is to offer senior students additional tutorial time before school. Many senior students are already taking advantage of this initiative and we are hoping student attendance will increase over the coming weeks. We are sure regular attendance at these before school classes will improve student results.

A great start to 2016 in Maths! And we’re keen to continue this for the remainder of 2016!

Bruce Eyre
Head Teacher Mathematics

Uniform Shop

The Uniform shop is open Tuesdays 8.30-11.30am and Thursdays 1.40pm 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.

Jacqueline Bugeja
Uniform Shop Coordinator

HSIE

Welcome back to another year at Swansea High School. The HSIE faculty is keen to continue delivering another exciting year with the biggest changes to our junior curriculum in twenty years. The introduction of the National Curriculum, which started in 2014 with Years 7 and 9 History and continued in 2015 with Years 8 and 10 History. We are in preparation for 2017 when the changes to Junior Geography will commence.

Our Stage 4 students are busy studying Junior History (Year 7) and Junior Geography (Year 8) and may soon enthral dinner conversations with tales about ancient civilisations or the advantages and disadvantages of globalisation.

A reminder to our Stage 5 students (Years 9 and 10), that they must satisfactorily complete the course in History and Geography in order to meet the expectations of the Record of School Achievement. If they are experiencing difficulties, they should speak to their teacher or myself.

We are pleased to be running Senior HSC Geography for the first time in a few years. Mr Balzer and his class are keen to explore this interesting course and will undertake numerous field trips as part of the course requirements.

The current HSC students are already more than a quarter of the way towards the examinations and the feedback provided by staff indicates that the vast majority are equipping themselves well by adopting a revision program, summarising notes, and thoroughly preparing for their assessment tasks. Congratulations also go to them for this positive work ethic.

Regarding HSIE staffing, Mrs Christine Beecham is continuing her absence and she is being replaced in the short term by Mrs Dee Friend. Ms Darian Keyte will also not be at Swansea High this year as she has taken a position closer to her home. Her replacement is Mr Gavin Fogarty.

PDHPE

Welcome back for 2016! I hope you all had a fantastic break and are feeling refreshed and ready for a great year ahead at school. Being prepared for the school year is a great way to ensure your child has the best opportunity to do well at school.

A big thank you to everyone for being organised with their green sports uniform for PE/Sport lessons. Just a reminder that this will be strictly enforced and students must be prepared for lessons with the appropriate uniform. This includes sport. If students are unable to bring their sport uniform to class a note from home will be required and students are encouraged to bring a change of clothes for class.

Students in all classes have been given an overview of the topics and assessments that will be covered in PDHPE this year by their teacher. I encourage you to discuss this with your child to support them in their studies.

Congratulations to all the students who attended the recent swimming carnival. We were lucky to have great weather and a day of music, novelties and competition. Well done to Iwalla house for being victorious on the day. All of the students need to be acknowledged for their excellent participation and behaviour on the day. Thank you to Mrs Charlton, all the teachers who assisted on the day and to the parents who attended. With many students attending the Zone swimming carnival on Monday 15th February, we wish them well.

Rod Carter
Head Teacher PDHPE
**Library**

“Makerspace” is a general term for a place where students get together to make things. It is a place where students can gather together to CREATE, INVENT, TINKER, EXPLORE and DISCOVER using a variety of tools and materials. Makers are artists, crafters, knitters, seamstresses, builders, programmers, engineers, computer coders, painters, woodworkers, bakers, graphic designers, etc…

Our initial Makerspace will include arts and crafts materials, LEGO, MECCANO, electronic kits and jigsaw puzzles. It will be established in the LRC within the Library and will operate at lunchtimes.

Establishing a quality Makerspace can be quite costly. To help us offset the cost we are asking for donations of unwanted LEGO, MECCANO, TRANSFORMERS, craft materials, basic tools, electronic robotic kits in good to excellent condition.

If you have unwanted materials suitable for our Makerspace please contact the Library during school hours (8.30am – 3.30pm).

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**Careers News**

**Year 10 Information Night for Parents**

Year 10 is the year for the BIG decisions. To help the process of moving into Yr11 in 2017, parent information nights are planned to run in the school library. The first session will be Wednesday 9th March 6pm to 7pm. This session will be a general overview of all the important aspects of the Year 10 careers program, and how the school can help both students and parents. You are welcome to bring a laptop or Ipad if you’d like internet access. Internet access will be important for future sessions, but not this one. Parents only please.

**White Card Course**

Work Safely in the Construction Industry (White Card Course)

The White Card is mandatory for any students studying Construction at school in Yr11, as well as any students wishing to participate in work experience in the construction industry. The course will run at school when adequate numbers are reached. Numbers are limited to 20 students, so first in first served. Must be over 14 yrs. Cost is $80. See Careers Adviser for details.

**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.

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**Calendar**

<table>
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<tr>
<th>DATE</th>
<th>EVENT</th>
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<tr>
<td>Mon 15th Feb</td>
<td>Eastlakes Zone Swimming</td>
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<td></td>
<td>Yr 11 Study Skills Day</td>
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<tr>
<td>Thurs 18th Feb</td>
<td>HSC Society &amp; Culture Ass Task</td>
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<tr>
<td>Tues 23rd Feb</td>
<td>Yr 9 Jumpstart</td>
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<tr>
<td>Wed 24th Feb</td>
<td>Yr 7 Camp</td>
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<td>Thurs 25th Feb</td>
<td>Yr 7 Camp</td>
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<td>Jump Start Program Vocational Studies</td>
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<td>Fri 26th Feb</td>
<td>Yr 7 Camp</td>
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<td>HSC Geography Ass Task</td>
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<td>HSC Soc &amp; Culture PIP Study Day</td>
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<td>Mon 29th Feb</td>
<td>Yr 7 Immunisation</td>
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<td>Tues 1st Mar</td>
<td>Regional Swimming</td>
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<td>Tues 15th Mar</td>
<td>Prelim Ext 1 Maths Ass Task</td>
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<td>Wed 16th Mar</td>
<td>Prelim Dig Excursion</td>
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<td>Fri 18th Mar</td>
<td>Business Studies Excursion</td>
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<td>Anti Bullying Day</td>
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<td>HSC Ancient History Ass Task</td>
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<tr>
<td>Wed 23rd Mar</td>
<td>Prelim Drama Progress Task</td>
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<tr>
<td>Thurs 24th Mar</td>
<td>Prelim Ancient History Ass Task</td>
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<td>Thurs 31st Mar</td>
<td>Yr 7 to 9 Brainstorm Production</td>
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<td>Fri 1st April</td>
<td>Prelim PDHPE Ass Task</td>
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**Swansea Football Club Inc**

Interested in playing soccer? Well it is that time of the year. Registrations are now being taken online for Swansea teams. Details at [www.swanseasoccerclub.com.au](http://www.swanseasoccerclub.com.au)

**Swansea-Caves JRLFC**

Registrations are now open and spots are filling fast for our U6 through to U15s so if you are considering playing this season, please go to [http://www.swanseajrl.leaguenet.com.au](http://www.swanseajrl.leaguenet.com.au) click on the NRL link and register yourself.

If you are U16-U17 and are wishing to play this season, please contact the number below before registering.

All enquiries 0437 821 435

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Hello again Swansea High School community; Welcome to a new school year. To all our returning students, families, and staff, I’m thankful you are back. To all our new students, families, and staff, welcome to the Swansea High School community.

I like to take these newsletter opportunities to share some of the fabulous resources that come across my email inbox. These valuable insights provide practical and relevant strategies to help us as we seek to support, nurture, and walk with young people through their adolescent years. This newsletter, I share with you extracts from an article entitled “How To Create An Environment For Teens To Thrive!” - UNDERSTANDING TEENS: THEIR FEARS, THEIR QUESTIONS, AND THE 6 CORE NEEDS OF TEENS” written by teen motivational worker Nathan Hulls.

Young people are weird and wonderful creatures. They don’t often understand themselves let alone anyone else, and when it comes to adults understanding them, well that’s a whole other story. It’s certainly nothing new and if you’re concerned that young people today are getting worse then don’t stress too much. In 400 BC Socrates said:

“Our youth now love luxury. They have bad manners, contempt for authority; they show disrespect for their elders and love chatter in place of exercise; they no longer rise when elders enter the room; they contradict their parents, chatter before company; gobble up their food and tyrannize their teachers.”

3 UNIVERSAL human FEARS
According to Gregg Braden, all human beings (including teens) go through life addressing 3 Universal Fears which can also be represented by these 3 questions.
1. Am I loved? (Fear of not being loved)
2. Am I enough? (Fear of being found out)
3. Do I belong? (Fear of abandonment)

The first universal fear underpins all fears as it is directly related to ‘self-worth’, which comes from our survival instinct and the need for love and connection.

The second fear, that we are not enough, that we will be found out to be an imposter, a fake, a phony, is what often drives teenagers to compare themselves to others. Teens are very quick to compare and judge their worth based on looks, labels, brands, clothes, how much money their family has and any number of other external factors. This just increases the anxiety of not being enough because when we compare ourselves to anyone else, we’re always comparing the worst we see in ourselves to our best ‘impression’ of others (it’s not even reality we’re comparing).

The third fear, or the need to belong, comes from the fear of being abandoned. We all have this need to belong, especially teens in the formative years of life. The need to be accepted as part of a tribe or group, to have a family we can feel that we belong to and we have similarities and commonalities.

As trusted adults in the world of teenagers, it’s not just enough for us to understand these 3 Universal Fears, but in understanding that they exist in every young person we work with we can know that a lot of the behaviours we may come across can be directly linked to one of these 3 fears. The majority of the human behavioural issues that present themselves in our world can be directly linked to one of these 3 fears.

So think for a moment about a young person who you have had to deal with recently. They may have been displaying some negative behaviour. Could it be that their behaviour was a cry for help and a reaction to fear?

Which of the 3 Universal Fears do you think this young person may have been reacting out of?

How could you respond to the young person in a way that helps them feel - Loved, Enough or that they Belong?

I would highly recommend a read of the full article, which can be found at Nathan’s website at www.NathanHulls.com. Happy reading!

Until next time, may each of our staff, students and families be blessed! And may you each feel and help your young people to feel loved, enough, and that you belong.

Best Regards,

James

James Norman
CHAPLAIN - SWANSEA HIGH SCHOOL
Community Activities Lake Macquarie Inc. (CALM)
Working to Make Lives Better

Office Hours: Mon 9am-1pm; Tues 9am-10am, 11am-1pm; Thurs 10am-12:30pm

Disclaimer
The views expressed herein do not necessarily represent the views of the Australian Government Department of Education, Employment and Workplace Relations.

Acknowledgement
This project was funded by the Australian Government Department of Education, Employment and Workplace Relations under the National School Chaplaincy and Student Welfare Program.

More Information
For more information on the National School Chaplaincy and Student Welfare Program, please visit the website at: http://deewr.gov.au/national-school-chaplaincy-and-student-welfare-program

February 2016

News from Chaplain
60 Caves Beach Rd, Caves Beach
Ph 0419 471 660

**TUESDAYS:** 4-5.30 PM - Ages 6-12 yrs
2nd Feb – 5th Apr

**WEDNESDAYS:** 4-5.30PM - Ages 12-18 yrs
3rd Feb – 6th Apr

$200/ 10 week term

**Weekly Adult Art Classes**

**TUESDAYS:** 10AM – 1PM
Adult – Beginner to Adv

‘Developing a studio practice’
Oil and acrylic painting technique, developing composition and refining subject.
Tutor : John Morris
9th Feb – 29th Mar
$400/ 8 wks
Casual : $60/ wk

**WEDNESDAYS:** 7-9 PM
Adult – Beginner to Intermediate

‘Creating with Friends’
Learn painting and drawing techniques in a small group and make new friends.
Tutor: Leslie Duffin
3rd Feb – 6th Apr
$300/ 10 wks
Casual: $40/ wk

See website for more details and booking
http://www.FiniteGallery.com

**BOOKING ESSENTIAL FOR**

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**Kip McGrath Education Centres**

Kip McGrath 12 High Street Belmont
If you child is struggling with Maths, Reading, Spelling, Creative/Persuasive/Narrative writing, Comprehension, I am delighted to offer a FREE assessment to ascertain where I can assist them.

Classes run each afternoon 3:30 pm to 5pm at Belmont and we currently have some vacancies.

Please call me, Sue, on 4945 4112 to book your FREE assessment or for more information.

www.kipmcgrath.com.au for more information

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Air Force Cadets offers sky-high opportunity for local youth

Young people in the Hunter region who are looking for a challenge are invited to join a dynamic and exciting youth organisation. The Australian Air Force Cadets (AAFC) is a voluntary organisation which aims to equip young people for community life by fostering initiative, leadership, discipline and loyalty. It is supported by the Royal Australian Air Force (RAAF).

Officer Commanding 3 Wing (NSW & ACT), Wing Commander (AAFC) Wayne Laycock said cadets participate in a wide range of activities. “Our syllabus includes practical aviation, bushcraft and survival activities”.

“In addition to weekly meetings and weekend activities, cadets have the chance to apply for specialist courses conducted on Air Force bases during school holidays.”

Cadets develop a range of life skills including self-reliance, teamwork, initiative and a sense of mateship. They also make new friends and importantly, have fun!

No 316 (City of Lake Macquarie) Squadron meets on Friday evenings during the school term and will hold a recruit information session on Thursday 11th February at 7.00pm. Address: Bullecourt Barracks, Military Road, Adamstown.

Anyone interested in joining the AAFC should attend the appropriate information night with their parent or guardian to learn more. New applicants must be between 13 and 18 years of age.

For more information about Australian Air Force Cadets, visit www.aafc.org.au.

Come & play Hockey with Souths Girls

Sth Newcastle Jnr Girls Hockey Club is looking for new players
Girls aged 4-18 and Boys 4-9

All training and games are played on the synthetic turf at Broadmeadow

Training is Mondays 4:15-5:15 starting 9th February 2016.

Contact Sue Evans 0415 906 234 dhevo@bigpond.com
OR Katrina Juchau 0439 427 517 katrina.juchau@bigpond.com
OR Melissa Lintott 0432 011 459 jlintott66@optusnet.net.au

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WARNERS BAY JUNIOR AFL CLUB
Feighan Oval, Seaman Ave Warners Bay

2016 Registration Dates at Feighan Oval

Thursday 3rd March 4.30pm – 6.30pm

NAB Auskick - 5 Years to 9 Years
Club also runs the Kickability Auskick Program for children with disabilities

$85 (includes 2016 Auskick Pack & Season Guernsey)

Juniors – U9s, U11s, U13s, U15s & U17s
$160 (new players receive a club polo shirt)
$160 (renewals receive a $20 Voucher)

Youth Girls - 12 Years to 16 Years
$100

Register On-Line – www.warnersbay.org.au

For further information please contact Julie Ferguson on 0402 329 902

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Lake Macquarie Art Galleries

Extracurricular art classes are available at the Lake Macquarie Art Gallery. The program changes each term.

For High School Students Art Zone
6 x 2hr sessions on Saturdays 10:30 am to 12:30 pm

Please check out the link to their website

Joanna Davies, Lake Macquarie City Art Gallery
Education & Public Programs Officer
jdavies@lakemac.new.gov.au

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