

Information

Chatham High School



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Issue 6 – Term 3 – Week 10

Wednesday, 21 September 2011

WOW!

This has been a busy term for the students and staff of Chatham High School. We have welcomed students from our feeder primary schools who are getting a taste of high



school learning. Thank you to all the teachers involved in hosting and supporting our now famous WOW lessons.

Best Wishes to all Year 12

Year 12 have all but completed their HSC courses and examination preparation in readiness for the start of next Term. Even at this stage, it is important to stay focused on the main game: revision, rest, recreation and readiness. Best wishes also to the families of Year 12 students as the HSC approaches.

Student Leadership

As Year 11 prepare to step up, I wish to publically thank the outgoing School Captains for their exemplary leadership and hard work this year: Brett Grant, Chanteilly Mobbs, Elizabeth Roberts and Luke Jacobs. These four students have represented and supported the students, staff and parents of Chatham High School in a way that has raised the profile of both the SRC and Chatham High School in the community. Well done!

News - Curriculum Changes

The implementation of national curriculum changes in English, Mathematics, Science and History for K-10 students will be delayed for NSW schools.

The NSW education minister, Adrian Piccoli said more time was needed to ensure high standards were maintained. NSW schools can begin the planning phase for the new national curriculum by 2013, with the curriculum moving to the classroom teaching phase from 2014.

News - School Leaver's Guide

If your child is finishing school at the end of this year and would like to explore their options, check out the department's leaving school information page at:

www.schools.nsw.edu.au/leavingschool/index.php

Here you will find a host of information about further study and training, apprenticeships, work and taking a gap year. Young people now must be in work or study or a combination of both until the age of 17.

News – School Certificate

The NSW Education Minister, Mr Adrian Piccoli, recently announced that the School Certificate will be abolished from 2012.

The external tests currently administered to all Year 10 students will not continue after this year.

Mr Piccoli said that the decision was made as a result of consultation undertaken by the Board of Studies with key stakeholder groups representing principals, teachers, parents and all school sectors. Mr Piccoli has, however, requested the Board of Studies conduct further consultation to make recommendations about an alternative credential.

Holidays

The last day of Term 3 is Friday 23 September. With warmer weather hopefully continuing, here are some ideas for enjoying the holidays with your family:

www.nsw.gov.au/school-holidays

<http://goplay.nsw.gov.au/>

www.kidspot.com.au

<http://ourkidz.com.au/content/view/196/156/lang,en/>

www.visitnsw.com

*Willem Holvast,
Principal.*

Calendar

Term 3

Weeks 10

Mon-Tue, 19-20 September	Yr10 Trial School Certificate Exams
Friday, 23 September	END OF TERM

Term 4

Week 1

Mon 10 October	Back to school
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Week 2

Mon 24 October	P&C Meeting, 7pm
Thu 27 October	Vaccinations visit 4
Fri 28 October	Yr11 Reports distributed

Week 5

Mon-Fri, 7-11 November	Yr10 School Cert Exams
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Week 6

Mon-Fri, 14-18 November	Yr7 to 9 Yearly Exams
Wednesday 16 November	Yr12 Formal

English

Communicates

Term 2 Term 2 has come and gone and Term 3 is all but over. It is said that, "Time flies when you are having fun," and with the year going by so quickly, this must be the case in English and Drama classrooms across the school!

Congratulations to all involved in the **International Youth Day** supplement that appeared in the *Manning River Times* in August. Advanced Year 8 English students, Ms Bird, Mrs Owen, Mrs Wood, Mrs Pellew, Ms Curtis, Ms Barry and Mr Abbott all worked together to produce a supplement that highlighted the achievements and talents of students at Chatham High. If you missed it, there is a link to the supplement on the Chatham High website.

In another English initiative, students were selected from the Advanced Year 7 English class to participate in the production of a **newsletter for Year 6** students coming to Chatham High next year. The newsletter, *Chatham Matters*, includes information and interesting facts about the school that will assist Year 6 students with their transition to high school.

It has been another successful year for our **debating teams**. The Year 9 & 10 team of Chris Diessel, Ashleigh Spekking, Brad Chapman and Kaila Jobson were Zone champions while the Year 7 & 8 team of Kira Potts, Grace Powick, Ashlea Case and Zoe Jobson won one debate and narrowly lost their second. Congratulations to all of the students involved and a big thank you to Mr Abbott for his continued involvement as debating coach and co-ordinator.

Currently, the English Staffroom is full of amazing **Year 10 Major Works**. It is great to see the students' sense of pride and achievement when they submit tasks they have worked on for so long. **Year 11** students are busily preparing for their final Preliminary Exams. This is a great opportunity for them to hone their writing skills before they begin the HSC in Term 4.

We say farewell to **Year 12** at the end of this term. With the HSC Exams rapidly approaching, we wish them every success in their exams and their future endeavours and thank them for their contributions to English classrooms throughout the past six years.

As always, the English Faculty encourages communication between parents and carers and staff. If you have any questions or concerns regarding your student, please contact us.

Tracey Beckett, Relieving Head Teacher English



*Back Row: Ashleigh Spekking, Kaila Jobson, Brad Chapman, Chris Diessel and Mr Abbott
Front Row: Ashlea Case, Kira Potts, Grace Powick and Zoe Jobson*





Back Row: Harris Maguire, Patrick Darlington, Nick Burley, Maddison Hammond

Middle Row: Jesse Osborn, Brittney Vassalli, Emanula Achurch, Gemma Doran and Kelly Fraser

Front Row: Reagan Towers, Callum Griffis, Abbie Loretan, Rachel Emmett, Tara Louis and Kayla Standing

Read for Australia

National Literacy and Numeracy Week

As part of National Literacy and Numeracy Week, staff and students of Chatham High School and our primary partner schools participated in Read for Australia on Wednesday 31 August by reading the story **Eric** by Shawn Tan. This was a national event, with even Prime Minister Julia Gillard reading to a group of school children.

Year 7 Advisor for 2012, Michelle Pellew took Year 11 Drama students Kayla Edwards and Natalie Pearson to Lansdowne, Upper Lansdowne and Cooperbrook Public Schools where they read the story to many students. As well, Year 4, 5 and 6 students from Chatham Public School came over to our school and listened while Year 11 students Grace Jennings and Toni Bush read the story to them in the library.

This year, the stories were read with a twist. The pages were downloaded and read from the interactive whiteboards, which worked very well and allowed wide participation by students to help out with the reading and discussion which followed.

Drama students Tamara Dargan, Codie Faulkner, and Teagan Newell also read the stories from the interactive whiteboards in six other classrooms around Chatham High School on the day. Approximately 300 students took part in either reading or listening to **Eric** as part of National Literacy and Numeracy Week.

To add a bit of culture, the Chatham High staff also dressed-up for the day representing 'One World, Many Stories'.



Yr 11 students, Kayla Edwards (L) and Natalie Pearson (R) visited some of our partner schools to read the story 'Eric'.



The Front Office ladies, L-R: Roslyn Sheather, Marlene Drury, Judy Gibson and Lee Deer



Group staff dress-up





Merv Presland, male staff dress-up winner



Kim Porter presenting Katrina Tolentino the prize for female staff dress-up winner



Tamara Dargan, Codie Faulkner and Teagan Newell



Chatham Public School visit us for Yr11 Drama students, Grace Jennings and Toni Bush to read the 'Eric' story to them

Taree Swimming Club

Club meets at the Manning Aquatic and Leisure Club on Monday nights at 5.45pm.

First club night is on 10 October and goes through until April.

The club caters for all levels of swimmers from 15 metre swimmers to long distance swimmers, including adults.

For enquiries ring Roxanne on 6552 7373.

Grandparents and Kinship Carers

Association Inc (GAKCA Inc) is an incorporated group of people caring for children other than their own but from within their own families. Many children are being raised outside of their parent's home by either grandparents or other relatives. It is our aim to make our organisation available to everyone who might be in this situation.

We are having an open day at Taree Ten Pin Bowl on 26 September 2011 between 9am and 12.00 o'clock and wish to invite anyone who is caring for children that fit the above criteria to join us.

On the day the bowling will be free to all children that are being cared for by their grandparents or kin. You will also get to meet other members in the same situation and hear what our aims are to assist people in the same position.

Please call: Kathryn Robinson, Vice President on 0400485560 for further information and to submit numbers for attendance of the Open Day at Taree Ten Pin.

I'm starting HSC studies in Term 4 ... What do I need to know?

Congratulations, on your Preliminary performance to date. Most students appear on task and on track with their learning. We expect you to continue to make this your priority at school and in your home study and revision programs as you move from being a Preliminary student to a HSC student in term 4.

You need to be aware of the following dates and events as they apply to you for the rest of Term 3 and into Term 4:

- **Mon 12 September:** Final Preliminary Examination begins. Make sure you read the timetable carefully. You are responsible for getting to each one at the right time.
- **Fri 23 September:** Yr 12 final morning and Presentation Ceremony (whole school).
- **Mon 10 October:** Term 4 starts – review your pattern of study. No subject/course may be 'dropped' till week 2. Interviews with Mr Abbott and Mr Locker. **Start of HSC course for Yr11.*
- **Mon 17 October:** Elevate Education present study skills for all Yr11/new HSC classes – 'Study Sensei' and 'Time Management'.
- **Tue 18 October:** Settle into my HSC pattern of learning.
- **Fri 16 December:** Last day of Term 4.

If you are thinking of going from 12 to 10 units of study, then think again!

In many cases it is better to complete 12 units for the HSC. It gives you more scope to get better results. It means that your ATAR may be calculated from a wider range of course units. You will need to discuss your situation with Mr Abbott and Mr Locker. Before you can consider dropping a subject you will need to wait till you receive your final results back for all subjects. The two units you thought you were going to drop may change when you look at your overall performance across all your subjects. Mr Locker and Mr Abbott will be interviewing students on the Wednesday and Thursday of week one. This means that you will not be able to make the change till the beginning of Term 4, week 2, Monday 17 October.

Keep the attendance up at school and in your timetabled classes

Regular attendance really helps your learning. If you don't attend you make it harder to follow the learning process. When you have a study period the Library is the place to be signed in to and studying. You have some flexibility in that when you are scheduled for a study period you may arrive late to school or leave early if it is period 5 and /or 6. You must obtain the leave pass from Mr Abbott. Make sure you sign out at the front office before leaving. You are not to leave the school grounds without permission.



Absence from school

If you are absent then a phone call or a note to notify the reason for this absence is required. If possible a medical certificate needs to be brought in when you return. If you need to leave at any other time then a note or parent phone call is required. See Mr Abbott for a pass to be given before school. You must sign out at the front office.

Watch the balance between school, employment, rest and recreation

Whilst we understand that earning some money is important to you, you need to ask yourself, what is my first priority? My learning is number one priority. If you are working more than 10-12 hours a week then this is going to have an impact on the time you need to give to your study. It is good to have a balance of activities in your life. If you need help in managing your time then talk to me or someone else about helping you with it. Getting plenty of sleep is also important to your health.

Uniform is excellent for most students

We need to keep it this way! You belong to CHS. It is an OH&S matter. Covered footwear is essential. There is no place for jeans, black jumpers or any other color for that matter other than school colours. Shorts or skirts which are too short are not appropriate in the school situation.

Keep mobiles under control

This means at home preferably. If it is in your bag then it is switched off or silent. It is certainly never used or referred to in class or visibly in the school.

Driving to school, or being a passenger in a car driven by another student to school

You need to complete the appropriate paper work which gives you permission to do this from your parent/carer. Collect the forms from the front office. Return them to your year adviser.

If there are other matters you want to raise please contact me at school. I want you to be happy and successful HSC students.

Chris Abbott, Deputy Principal Stage 6 (Yrs11 and 12)

Old Bar Beach Festival

1st and 2nd October

Activities at the Old Bar Beach for the children of the Manning Valley:

Skate Jam, Kite Surfing, Manning Valley Band Reunion, Surfing, Live Music, Busking, Kombi Australia Record Attempt, Old Cars, Art Exhibitions, and Sky Diving,

80th Anniversary Air Field
"Fly-In" Celebrations

Bruce Field retires shortly

He is a very much loved teacher by the students and staff at Chatham High School.

Bruce loves Chatham High School and has taught at our school since 1975. When you talk to past students they always remember the legendary Mr Field. He loves his students and has been a very positive and enthusiastic energy force within the school.

He is a very innovative teacher and was one of the first to be recognized as an Advanced Skills Teacher.

Students fondly remember his interesting Asian Studies lessons where they learnt lots about different cultures around the world in innovative ways.

He has always been one of our very best teachers who will be missed.

We wish him all the best in the future. He deserves to get great Karma.

Comments by former students:

"Thank you for letting me feel your shark bite, as my father got to do when he went to Chatham"

Kodie Lee Beattie(Yr 12)

"L.O.T.E.in Yr 7,2006 was my favourite subject. Wearing headbands in class, laughing, Sumo wrestling on the grass and watching the Karate Kid are all fond memories"

Tamara Macdonald(Yr 12).

"My grandmother, mother, aunties and myself were all in love with you. You are just the best teacher ever".

Rachel Cin (former student)



Mr Field loves Chatham High so much that he travelled around the world looking for Chatham High Schools emblem i.e the Griffin. This photo shows that he finally found one at a temple in Nepal.





This photo shows him in his mid 30's with his favourite fish, the Old Bar Snapper. "what a specimen".



Here he is with a couple of keen students.



Mr Field with some of our top students two years ago, whom he took to Japan. He got a free trip for all of these students.



This is his most recent photo at the Careers Expo earlier this term

Careers Report

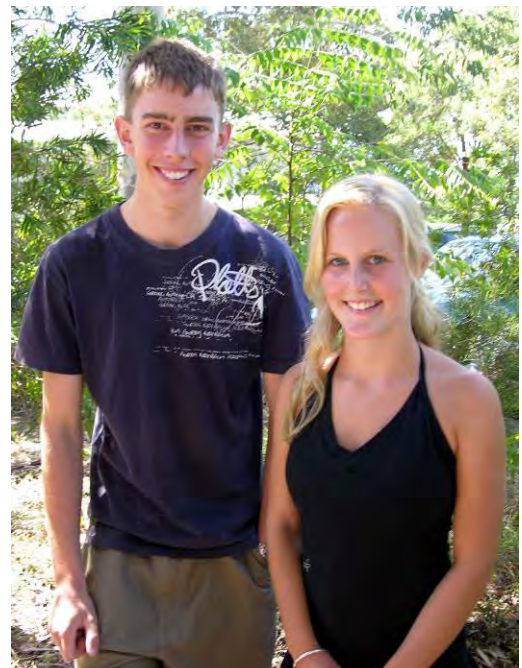
This report is devoted to our high level achievers

2005 Duxes Thrive

Chris Nolan and Karen Barnard were joint Chatham High School Duxes in the 2005 HSC. The odds of a joint dux are 1 in 2000. They got UAI's (now called ATARs) of 96.65.

Chris recently awarded the prestigious *University Medal* from Newcastle Uni.

Karen has also achieved outstanding academic results from Griffith University on the Gold Coast.



Chris Nolan and Karen Barnard.



Please read their achievements below:

Karen

- Has completed a Bachelor of Law with Honours and a Bachelor of Arts.
- Achieved First Class Honours in Law (was very close to winning the University Medal).
- Was ranked first in her Honours Research Thesis which is currently being published.
- Fluent in Finnish and is currently looking at learning Spanish as well.

Chris

- Completed a Bachelor of Science with a double major in Mathematics and Physics.
- Continued on to an Honours degree in physics in which he achieved the level of First Class.
- Won the University Medal, which is for "displaying outstanding ability in the discipline concerned".
- Is currently applying for a PhD in astrophysics at ANU.

Tips from Chris and Karen:

- *Chris:* Apply for as many scholarships as you can.
- *Karen:* I highly recommend participating in an exchange program whilst at university.
- *Chris:* Push yourself so that you can get the best marks possible.
- *Karen:* If you are not sure what to do straight after high school it can be a good idea to take a year off to work and to save money before starting university.
- *Chris:* apply for summer scholarships that interest you which will help build the skills that you can't get by sitting in a lecture theatre.



Chris Nolan and Karen Barnard receiving their equal Dux Award in early 2006.

During their time at University, they have had other jobs. Chris' main job is as a full time researcher at the Uni. Karen has worked as a tutor, researcher, legal aid and even as a waitress. Chris worked as a labourer after the HSC to qualify for Youth Allowance. Karen is trying to become a junior lawyer working in Brisbane for 2012. Chris is looking at furthering his studies into astrophysics. Both have very fulfilling lives and will end up in very high paid professions.

Greg Falk

Greg Falk, our very professional Maths Head Teacher, retires shortly. He is an outstanding teacher and will be missed. Greg is a top mathematician and completed honours as part of his degree at Newcastle University. Unfortunately in recently years people of Greg's ability tend to go into Engineering and earn three times the money.

What do Karen Barnard, Chris Nolan, Greg Falk and Ken Henry have in common.

Answer: They all have High Class Honours.



Greg Falk (HT Maths) and Ken Henry (former School Captain and former Head of Federal Treasury) at Business Week in 2006)

If any students or parents need any careers related advice please don't hesitate to contact me.

Neil Locker, Careers Adviser

www.chathamcareers.net



schoolatoz

School Ato Z is located on the Department of Education and Communities website and has practical help for parents. It's a fantastic site ranging from wellbeing, conversations, school guides, technology and homework etc. The recipe on the right is one of many yummy ideas you'll find on the site. Take a look, it's well worth it!

<http://www.schoolatoz.nsw.edu.au>

The i-phone mobile app is pretty cool too - free download!

Great links ...

Worth taking a look at

www.geocube.com
www.storybird.com
www.chatham-h.schools.nsw.edu.au
www.ncab.org.au/bullyinghurts

Cyberbullying

Parents - do you know you are legally responsible for what your children do online?

Chatham High School is providing some links to sites that provide support, resources and strategies for parents and students to deal with cyberbullying.

www.bullyingnoway.com.au

Home made nut free muesli bars

Ingredients

1¼ cup rolled oats
 1 cup desiccated coconut
 ½ cup unprocessed bran
 ½ cup sunflower seeds
 ½ cup pumpkin seeds
 ¼ cup sesame seeds
 1 tsp mixed spice
 75g unsalted butter
 ¼ cup honey
 ¼ cup liquid glucose
 ½ cup brown sugar

Preparation

Oats can be tolerated by some individuals on a gluten-free diet. Dr Joanna McMillan School A to Z nutrition expert

1. Combine the oats, coconut, bran, seeds and spice in a large bowl.
2. Melt the butter in a saucepan over a medium heat, then add the honey, glucose and sugar.
3. Bring to a boil then cook for 10 minutes, until a drop of the caramel forms a soft ball when poured into cold water.
4. Pour immediately over the oat mixture and beat until smooth.
5. Working quickly, press into a lined 27cm x 18cm slice pan, and press flat. Set aside to cool completely before slicing with an oiled knife.
6. Store airtight for up to four weeks.



Bullying is a serious problem

Being bullied at school can seriously affect your physical and mental health.¹

The majority of reported bullying (90%) happens during school break times.²

In Australian schools, bullying affects approximately 1 student in every 4.³

Cyberbullying is increasingly becoming a danger to young people in Australia, affecting at least 1 in 10 students. It can happen at any hour, anywhere and reach a vast audience.⁴

Children who bully others at the age of 14 years are likely to still engage in aggression at the age of 32 years and to have children who themselves engage in bullying and aggression.⁵

"Bullying can be very harmful and it should not be part of anyone's growing up."



1. Bond, L., Gidycz, J., Thomas, L., Rubin, K., & Hanson, G. (2001). Does bullying cause emotional problems? A prospective study of young teenagers. *British Medical Journal*, 323, 489-494.
2. Wolke, D., Woods, S., Bloomfield, K., & Karly, M. (2001). Bullying and victimisation of primary school children in England and Germany: prevalence and school factors. *British Journal of Educational Psychology*, 71, 1-12.
3. Craig, M., Smith, P., & Pepler, D. (2009). The Australian Cyberbullying Prevalence Study (ACPS). Child Health Promotion Research Centre, Edith Cowan University, Perth.
4. Jellison, J. A., Towns, J. W., & Caplan, R. (2005). Predictors of violence, aggression, delinquency and substance use in Australian adolescents: A longitudinal study. *Aggression and Violent Behavior*, 10, 100-110.

Who can help?

The Alannah and Madeline Foundation
amf.org.au

National Centre Against Bullying
ncab.org.au

Kids' helpline
kidshelp.com.au

Cybersafety help
cybersmart.gov.au/report.aspx

Australian Federal Police
afp.gov.au

Report e-crimes or online behaviour that involves sexual exploitation of a child.

Bullying. No way!
bullyingnoway.com.au

Reach Out
au.reachout.com

beyondblue
beyondblue.com.au



Remember...

Bullying is everyone's responsibility.

Bullying hurts. If it happens to you, tell someone.



PO Box 5192
South Melbourne VIC 3205
T 03 9697 0666
F 03 9690 5644
E info@amf.org.au
W amf.org.au

Bullying hurts...





What is bullying?

Bullying is when someone (or a group of people) with **more power** than you **repeatedly** and **intentionally** uses negative words and/or actions against you, which causes you distress and **risks your wellbeing**!

Five kinds of bullying

1. Physical bullying

e.g. hitting, poking, tripping, pushing or damaging someone's belongings.

2. Verbal bullying

e.g. name calling, insults, homophobic or racist remarks and verbal abuse.

3. Social (covert) bullying

e.g. lying, spreading rumours, playing a nasty joke, mimicking and deliberately excluding someone.

4. Psychological bullying

e.g. threatening, manipulation and stalking.

5. Cyberbullying

Using technology (e.g. email, mobile phones, chat rooms, social networking sites) to bully verbally, socially or psychologically.

Bullying isn't...

- mutual arguments and disagreements
- single episodes of social rejection or dislike
- single-episode acts of nastiness or spite
- random acts of aggression or intimidation.

1. National Centre Against Bullying

Things you can do if your child is being bullied

1. Tell

Start a conversation about being bullied. But don't make it intense or you might deter them from talking to you.

2. Listen

Hear the whole story without interrupting. Ask what they want to happen **before** you make any suggestions.

3. Explain

It's normal to feel hurt. It's **never** OK to be bullied, and it's **NOT** their fault.

4. Find out what's happening

Ask what, when and where the behaviours occurred, who was involved, how often and if anybody else saw it. Find out if any teachers know and if the school's done something to address the situation.

5. Contact the school

Check the school's bullying policy. Make an appointment to speak to your child's teacher or coordinator. Be calm! Make a follow-up appointment in a week or two to make sure the situation is being addressed. Take your child.

6. Give sensible advice

Don't advise your child to fight back. **Don't** explain that the child doing the bullying did not mean it—they did. **Don't** tell them it will go away—it probably won't. **Don't** let your child stay away from school—it won't solve the problem.

7. Help your child work out some things to do. Look at the 'Top tips for kids' and help your child practise some useful strategies.



Top tips for kids

You always have the right to feel safe at school. It is never your fault if bullying happens to you.

If you're being bullied...

- tell the person to stop
- use neutral language to respond to the bullying, like 'maybe' or 'that's what you think'
- walk away
- try to act unimpressed.

But if it's been going on for a while and these don't work...

- talk to your friends and ask for support
- talk to your parents
- talk to a teacher.

If you see someone else being bullied...

- tell the person acting like a bully to stop
- talk to a teacher
- don't watch or join in
- try to change the subject
- try to comfort and/or include the person who's been targeted
- explain that it's nothing to do with them—it's about the other person's behaviour.

If you are cyberbullied ...

- don't respond to the message or image
- save the evidence
- block and delete the sender
- report the situation to the website or Internet Service Provider
- tell trusted people—friends, adults, teachers, parents and police if necessary.

PARENTING IN THE INTERNET AGE



Intalink
Therapy Solutions

ph: 02 6551 0771

email: admin@intalinktherapysolutions.com.au

Intalink Therapy Solutions invites parents, teachers and concerned adults to attend a free seminar on Parenting in the Internet Age.

Parenting in the 21st century presents many new challenges for parents, that were simply unimaginable even a decade ago.

Social media sites, blogs, emails and text messaging are all wonderful ways in which young people can remain engaged and connected with one another, but there are also many pitfalls attached.

As parents, we try to ensure we know where our kids are going and with whom, but with the advent of social media children can be even more vulnerable to external dangers in their own homes and virtually everywhere else through their mobile phones.



Come along and get yourself familiarised with the most popular websites and social network domains among young people, and most importantly, learn some useful strategies and tools to parent this computer-savvy generation.

Denise Hostin, an Intalink Therapy Solutions psychologist with 12 years experience working with kids, adolescents and adults says *"Don't bury your head in the sand—your child needs help to manage the challenges of the virtual environment, and it takes a whole new skill set to parent the tech-smart teen of the 21st century"*.

Presenter: Denise Hostin, Psychologist

Where: Intalink Therapy Solutions 94 High St Taree

When: Tuesday 18th October 6:30pm

The Free Seminar will be held as part of Mental Health Week at 6.30 on 18th October at the Church of Christ Hall, High Street, Taree adjacent to Intalink Therapy Solutions 94 High Street Taree

Please RSVP by 14th October for catering purposes: phone 6551 0771

