

Lake Munmorah High School

Smooth Sailing

Issue 1, December 2017

Muru Bulbin
Pathways to Learning



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From the Principal's Desk



Welcome to the first edition of **'Smooth Sailing'**, hopefully the first of many to come. I have now been at Lake Munmorah High School for almost two terms and am still thrilled and excited to be here. It is a great privilege and honour to be entrusted with the Principalship at a local school and in a short period of time I've become exceptionally proud of everything that is associated with it. We have some fantastic students, enthusiastic, caring teaching and support staff and as I get to know the community better - some interested and passionate parents - keen on the best possible education for their children. It is an absolute pleasure to be Principal at LMHS.

Watch this space at LMHS - as well as the great work with Science Nights, Big Gig and CAPA programs, VET courses, Sports and academic programs and improving NAPLAN results, next year will see increasing opportunities with our GATS (Gifted & Talented Students) program, a soft launch of a TSP (Talented Sports Program), community based funding has already been approved by the Wyong Rugby League Club Group. Also, the commencement of work to introduce PBL (Positive Behaviour for Learning), this requires the explicit teaching of good work habits and behaviours and we will be endeavouring to increase the STEM (integrated Science, Technology, Engineering and Mathematics) offerings across the school - to meet the demands from industry.

We have also been working on our new 2018-2020 School Strategic Plan and have a revised School Vision statement, very much in draft form so happy for any feedback from students, staff or our community.

"At Lake Munmorah High School our vision is to create a school that makes a difference in that all members of the school community work collaboratively to develop our students to become academically and vocationally competitive within a local, national and global context. We will endeavour to prepare students to leave our school with the confidence, skills and experiences to become contributing, productive and responsible members of a rapidly changing society."

I would like to take this opportunity to wish all our wonderful students, families and staff all the very best for the festive season and holiday period. Please stay safe and look forward to working with you all in 2018 and the years ahead.

Tony Keavill

Principal LMHS

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SETTING THE STANDARD

DEPUTY PRINCIPAL REPORT

After 38 years teaching, seventeen years as a Deputy Principal and ten years dedicated to Lake Munmorah High School students, my career is coming to a closure as I enter retirement. It has been an exciting journey starting out at Figtree High, then being sent out west to Lake Cargelligo Central before returning to Gorokan, Berkeley Vale Community High and finally Lake Munmorah High School. In that time I have had the enormous privilege to teach many young people who are now grandparents themselves who have had grandchildren at Lake Munmorah High.



I believe I leave the school in a position of strength. Student attendance rates are up, engagement has increased and staff well supported in professional learning. The biggest single change I led which at the time was considered impossible due to several previous attempts was the change to starting time from 9.00am to 8.00am. This single change meant students were not at school from 7.20am up to potentially 4.00pm, student suspension rates almost halved the following year and staff were able to pick up their children from school. As an educational leader, the compressed curriculum has worked at the school for past five years, with the aim to extend curriculum for our students. As a community leader, I had the privilege to work with some amazing people to get Headspace Offices at San Remo and now Lakehaven.

What I did miss when I became a Deputy Principal was the magic of being in the classroom; that light bulb moment. I loved teaching History and really looked forward to seeing HSC and, in that time, my School Certificate results, seeing the excitement of a student who achieved over 90% in Ancient History (always my passion), Modern History or Aboriginal Studies. I received many commendations from my then Directors for outstanding HSC results, but for me it was always about students achieving above what they felt they could achieve and the huge smile on their face in December. Many of those students I still run into today, and they still remember that one result.

So to the Lake Munmorah High School community; thank you for your support. Whilst I am retiring, wow can't believe it after so many years; I daresay you will see many of you in 2018 as I retain my passion for our school.

Mark Dehn

Deputy Principal

YEAR ADVISOR REPORTS

YEAR 8

The first year of High School is almost complete for our 2017 Year 7 students. What a wonderful year it has been. As we prepare for the new Year 7 cohort to arrive at Lake Munmorah High School it seems fitting to reflect on 2017, of which at times seems to have flown by in the blink of an eye.



The benefit of attending school for two weeks prior to the Christmas holiday was evident as students arrived happy and fairly confident on day one of 2017. Year 7 settled in well. They developed an understanding of the school processes and organisations. Timetables became easier to read, teachers became more familiar and new friendships developed.

Over 2017 Year 7 students involved themselves actively in many of the extracurricular activities offered at Lake Munmorah High School. The participation of involvement from Year 7 students has been incredible. Students auditioned for Performing Arts opportunities and were successful in gaining positions in Star Struck, the Central Coast Dance Festival, our School Play and the Big Gig. Year 7 boys & girls participated in the Netball Gala Day, with the boys progressing to the regional finals. Students also participated in the u/14's Hunter Rugby League Gala Day and the Hunter Athletics Championships. Congratulations to all students who have been involved in these activities. A special mention of congratulations must also be given to the high numbers of Year 7 students participating at our school Athletics, Cross-Country and Swimming Carnivals.

Congratulations must be given to the students who were selected for special awards at the end of year Award Presentation. The P & C Awards were received by Otis J and Kyah B, Cody A and Izabella T received the Year Advisor Awards and Montana Seaburn received the Citizenship Award.

2017 was a terrific year for the Lake Munmorah Year 7 student group. The new academic year has now begun and this is a great opportunity to start fresh and head into 2018 prepared and ready to achieve new goals. Have a wonderful summer holiday break and I look forward to seeing what next year brings for this year group.

Miss Samantha Dyball

Year 8 Advisor

YEAR 9

Firstly I would like to thank Mrs Anna Martin, who has done a wonderful job as Year Adviser for this cohort of students in the last two years. A huge job beginning with the transition into high school and ensuring the students have settled in well at Lake Munmorah High School during Year 7 & 8. I have big shoes to fill taking over as year adviser for Year 9 2018.



As Mrs Martin has dropped back to part-time status, I have decided to take on this new challenge as Year Advisor. My name is Aaron Bolte,

I have been teaching at LMHS the past 10 years in the PDHPE faculty. The year advisor position is not foreign to me as I have been lucky enough to take through a group of students from Year 7 -12 and watch them graduate in 2013. It was a highlight of my career and I will endeavour to help guide, support and lead the current Year 9 group of students into 2018 and beyond during their journey through high school.

A new exciting program that is being organised for Year 9 is the 'Creating Chances' program. This is a program that targets a group of students in Year 9 to help build resiliency and offer leadership opportunities to assist with improving confidence, self-esteem and team work skills. This targeted group of students will be completing the 'Raw Challenge' on the 29th of November to kick start the program!

Lastly, if you have any welfare and learning concerns about your son / daughter please do not hesitate to contact me at school.

Mr Aaron Bolte

Year 9 Advisor

YEAR 10

Year 9 started this year with a number of engaging, fun and exciting academic as well as extra-curricular activities. Many Year 9 students have embraced the opportunities available to them and I am proud to be working with such an enthusiastic group of students.



Year 9 is the first stage our students school life where they can start to take ownership of their educational futures by selecting elective subjects to study. The electives our students have chosen are broad reflecting our student's interest including; cooking, woodwork, metalwork, visual arts, photography, marine science, PASS, and STEM. It has been wonderful to see some of the talented pieces of practical work been displayed by our Year 9 students as well as some of the activities they have had the opportunity to participate in. Including the RAW challenge which many of our Year 9 PASS students participated in and showed their physical fitness and determination.

Our Year 9 students have taken part in multiple welfare activities including talks from our local police leaders as well as a legal aid presentation to hopefully engage our students and give them the knowledge and skills to understand their rights and to make informed life decisions outside of the school environment.

All of our Year 9 students are studying the Work Education course this year which is a 100 hour subject aimed at giving themselves skills in the rapidly changing world of work and life after school. Together with the assistance of their work education teachers, Ms Fitzgerald and Ms Donald some Year 9 students have participated in a number of courses including aged care, hair and beauty and some students have arranged to complete their white card course.

Many Year 9 students were active participants in our school sports carnivals including the swimming, cross country and ath-

letics carnivals. We were blessed with great weather this year so it was an enjoyable experience for all those who attended. A large number of year 9 students were able to show their skill at these carnivals and continue to represent the school and Zone and Regional events.

Each year LMHS Year 9 students take part in a "Well Being Day". The purpose of the day is to provide students with relevant information and skills that will support their overall wellbeing. This year during the Wellbeing Day, all students were involved in an information talk from Headspace which focused on defining mental illness and the support that is available. The rest of the day involved smaller workshops focusing on healthy eating, safe partying, yoga, women's / men's health- (presented by youth health), physical activity & wellbeing. The day was a well received by all participants and our Year 9 students received excellent feed from the outside providers about their behaviour, enthusiasm and knowledge.

Year 9 science students attended the Luna Park 'Fun with Physics' excursion. The students had a great day experiencing aspects of wind resistance, G-forces and gravity on many of the rides. Apart from a few minor cases of motion sickness Year 9 definitely had "fun with physics" at Luna Park.

Mr Tim Anderson

Year 10 Advisor

YEAR 11

Year 11 / College 1 students have all settled into their new subjects this semester after successfully completing their Stage 5 courses and their elective studies. The transition from Year 10 students to seniors has been welcomed and exciting for most with new uniforms, books and equipment. All students should now have made any class changes and be steadily working towards having their first assessment tasks completed by the end of the year. Each Wednesday students will be meeting as a year group for a communication period that will allow all students the opportunity to hear any important information, have discussions on issues and communicate any concerns as a cohort.

In the new year students will be designing their jerseys and orders should be ready by mid way through the term. If anybody would like to submit a design head to <http://www.reformclothing.com/au/design-your-own> complete the design using the school colours .

I wish all students and families a safe and merry Christmas, being well rested for the upcoming new year.

Leanne Stephens

Yr 11 Advisor



YEAR 12

One road ends, one begins. For so many of us, the end of the year means wrapping things up, winding down and looking forward to a break. Not so for our HSC Group. Instead it is time of nerves, while looking to get organised and energised for what is about to come. With three HSC courses already completed, there's anxiety about results. You know the areas you need to improve, your results will reflect your efforts and analysis of your results and study techniques are the perfect way to improve on your next courses. We know that these results will spur you on for even greater efforts for your next courses.



who is already involved to invite you. Please note that this page is strictly for current Year 12 students only, and it is for communication about fundraising and school matters only.

Mrs Shae Martin

Yr 12 Advisor

Congrats to:

Isaac and Karlee – Captains

Brie and Kurt – Vice Captains

Eryn and Brendan – Sports Captains

Ben and Bailey – Prefects

Being a school leader is more than a title; thankfully, in our newly elected leadership team we have diverse range of individuals who work well together and can support each other in their roles. As the leaders of our year group this team has an important role to play in communicating expectations, initiating change and helping to support our community values. Already they have been very active, meeting with the staff leadership to discuss how we can improve our school.



Support our Fundraising! We have started fundraising efforts to raise money for the Year 12 formal and school present. How cool were the Santa photos! Huge thanks to Mrs Lubinski who generously offered her time to take Santa photos as a fundraiser. Year 12 will also be selling Candy Canes on the last week of school and I already have many students keen to help assist in this. Next year we are hoping to run several fundraisers including bake sales and sausage sizzles. Many of these fundraisers will centre around our school sports carnivals, so attendance at these events is a must for Year 12 students, plus it's the last time you will ever have the chance to attend one of these events, so come and enjoy the day with your friends in a relaxed setting.

Get Connected and Stay Informed! I have created a Facebook page for communication with Year 12 which is being monitored by myself and my assistant year advisor Mr Maiden. If you need to find the link for this, please see me, or ask a person in Year 12

RAISING A GIRL WITH A POSITIVE BODY IMAGE

Parents and carers of girls face a challenge today: How do they raise their daughters to feel good about their bodies?

Girls' image of themselves are shaped by what they see around them, by brand names in magazines, television, peers and largely in 2017 - social media.

Adults need to talk about who their daughter is rather than how she looks all the time. It is greatly recommended that girls are complimented on their qualities, rather than their looks. Often adults say to girls "You look so pretty", but don't say thing like "you handled that frustration well". It is very useful to compliment girls on their assertiveness with statements like "You and I disagree and I respect your thinking", or "I would never have thought of that; you are so smart about these things".

At LMHS we were fortunate to secure Kristina Ambler, a "Wellness Coach". Kristina delivered an empowering presentation to students about being the "Best version of YOU". Kristina highlighted that 'wellness' refers to the best you can be emotionally, physically, mentally and spiritually. Kristina equipped the students with skills to combat the inner critic, to become the best version of "YOU" from the inside out, thus empowering girls to "wellness".

Ms Sommerville

Girls Advisor



CAPA NEWS

The Creative & Performing Arts Faculty has had a very busy term. We started the term off with a trip to Sculpture by the Sea, the largest outdoor exhibition in the world, and it is free! Art students saw a huge range of sculptural work on site at Bondi. The weather was fair, if a little windy, as we walked along the foreshore looking at the wide variety of amazing work.

Next we went with students to see the Lake Munmorah

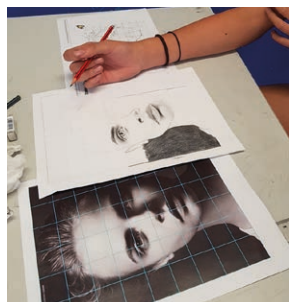


High 'Frog' sculpture which was exhibited at "The Lock Up" in Newcastle. It was a part of a combined schools exhibition called 'Resurgence' created by Cherie Johnson from Speaking in Colour. Students across a range of different art classes participated in making the frog, which has been in the making since Term 4, 2016. Special thanks to Ms Plane, Mrs Watson and Mrs Young for making this special experience happen. We are sure the students involved in this Aboriginal inspired sculpture feel proud and more knowledgeable about Indigenous culture.

Then in Week 5 was our annual 'Big Gig' evening. This featured over 100 performing arts students across three stages. The dedicated technical crew were fantastic too and we thank them for their enthusiasm and commitment to the night. We also had the assistance of the Northlakes High School Entertainment class and Mr Wilkinson, who helped produce the fantastic sound on the night. Well done to all performers, we hope you loved being a part of it and the confidence you build from these events will have a lifelong influence. All proceeds raised help us to improve our Musical and Performing Arts resources and spaces. Last year's Big Gig funds went into installing new coloured LED lighting in the Dance/Drama Studio and the School Hall got new coloured LED lighting too. Well done to all the Music Staff for a fantastic evening.



We are currently looking for community members with a Creative & Performing Arts talent to present workshops for our students as a part of our 'Talented & Interested Program'. Our first workshop was on Drawing, which was delivered by two high performing Visual Art HSC candidates from 2017; Brie and Kayleigh. They did an incredible job with the students and the results are fantastic, Brie led a charcoal expressive drawing session and students went outside and drew plants and trees, and they also drew the human form in the classroom. Kayleigh shared her knowledge on the grid technique for increasing drawing accuracy. Feedback from the day told us that our students are very interested in continuing to have these opportunities. Future options for workshops that we are considering are drumming, painting, ceramics, & drama. Please get in contact with the Head Teacher CAPA if you have a great idea, or know of a gifted artist in the Creative and Performing Arts via email megan.lubinski@det.nsw.edu.au



You can always find out more about what is happening in CAPA via our Facebook page [here](#) Please like and follow our page! Have a great Christmas break!!!

Mrs Megan Lubinski

Head Teacher CAPA

SCHOOL PLAY 2017

'Beach: A Theatrical Fantasia'

The Creative and Performing Arts yearly calendar is consistently full and Term four is no exception. Week one commenced with a bang! On Wednesday 11th of October this Term, saw the performance of Lake Munmorah High School's annual school play. Each year Miss Dyball works with keen students to produce an entertaining theatre. This year's play was 'Beach: A Theatrical Fantasia', written by Timothy Daly.

This year's play may not have been a well-known play, however the story resonated with all audience members. 'Beach: A Theatrical Fantasia' is a contemporary play set on an Australian beach. Time shifts like sand and historical and contemporary characters drift in and out. This play had both comic and serious moments as it explored the influence of the beach on the Australian psyche. Each actor played several characters, and did an incredible job at switching between roles. Audiences were wowed by the Lake Munmorah High School's performance of 'Beach: A Theatrical Fantasia'.



This year there were many new faces that joined the Drama Ensemble and also the technical crew. Students from Year 7 to 12 were involved. It was wonderful see all students work collaboratively and produce a terrific performance.

DRAMA EXCURSION


On Friday the 13th of October Miss Dyball took the Year 9 Drama Elective class to watch Tantrum Youth Arts performance of an original work 'Home' at the Newcastle Playhouse. Students and Miss Dyball caught the train to and from the destination. 'Home' was a personal exploration of what it means to feel at home: in the world, in your country, in your suburb, in yourself. It was funny, emotive and heart-warming. This was an incredible performance which included a range of mixed media, such as music, song and physical theatre.



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The performance was fast paced and extremely engaging as that content was relatable for students. Our students and Miss Dyball were blown away by Tantrum's production. This was a terrific excursion and experience of our Drama students.

ENGLISH

MEET THE ENGLISH FACULTY

Mrs. Michelle Blue is the relieving Head Teacher of English and has worked at our school for eight years. She is known far and wide for her wicked sense of humour and innate ability to bust out any current dance trend.

Mr. Kirk Oakley is a US Army Veteran who has been teaching High School English for 17 years. He moved to Australia in 2016 to be closer to his family, in particular his two granddaughters and is loving our warm climate.

Mr. Robert Johnson has been teaching since 2013 and has spent the past four years at Lake Munmorah High School. Trained originally in PE, Mr. Johnson is often seen running the hallways and is the English faculty's in-house physiotherapist. His interests include his two dogs Zeus and Hera, sports, and analysing Taylor Swift lyrics.

Ms. Holly Lyndon is new to our school and has been teaching for the past five years. Having just moved from Moree, via 14 months travelling the world, Ms Lyndon is enjoying her time at Lake Munmorah so far.

Mrs. Nicola Crossland has been part of the English faculty of Lake Munmorah High School for the past 11 years. She is a Tim Winton enthusiast, who loves being outdoors, and is passionate about student leadership.

Mrs. Carol Stapley is a dearly loved member of the English faculty who unfortunately will be leaving us in 2018. Mrs. Stapley has been successful in gaining a position in Taree, where her only daughter lives with her two cherished grandchildren. Mrs Stapley has been a valuable member of our team for six years and we will certainly not be the same without her. She has provided us with support, laughter and endless optimism over the years. We will miss her dearly and would like to take this opportunity to wish her all the best. Goodbye and Good luck Mrs. Stapley!!

HSIE

Capsized kayaks; tadpoles and VIPs – all in a day for senior Geography field trippers

The sight of two senior students swimming back to shore and two others holding onto a capsized kayak (their names will be revealed for a small fee payable to Mr Brian) was not planned for when College Geography students visited Avoca Lagoon on Friday 24 November. Field work is a mandatory part of Geography studies and on this trip we were investigating human impacts on the lagoon. Having done some preparatory work in class, we suspected that the health of the lagoon ecosystem would be poor. On arrival at Avoca, 22 of us bravely took command of a number of

kayaks and paddled just under 3kms to do a visual inspection of the lagoon. Our observations included perfectly mown lagoon banks that have been cleared of all native vegetation; unauthorised jetties and algal blooms. Some residents however, had



accepted that a healthy lagoon needs stable foreshores and had not disturbed the native vegetation. The lagoon is also home to an endangered frog called the Green and Gold Bell Frog. We didn't see any but we did see a fat, healthy tadpole and a damselfly nymph that indicate moderately good water. A range of water tests were conducted with expert guidance from Jane Smith of the Rumbalara Environmental Education Centre, who doubles as the Central Coast Mayor on her days off. The results of these tests also indicated that the environment was quite healthy, although it may have been a different story if it had been raining and storm water and sewerage had entered the lagoon. All up, I think most students enjoyed the day and more importantly may have learnt something that will help them in their journey towards the HSC exam next October.

Mr Bernie Brian



PDHPE

ACADEMIC AWARDS

The school's annual awards ceremony was held in Week 7 to acknowledge and celebrate the academic achievements of students in Years 7 – 11. PDHPE had some excellent achievements from the students and the 1st in course award recipients were as follows:

- 1st in Year 7 PDHPE ~ Otis Millard Jorda
- 1st in Year 8 PDHPE ~ Natasha McDonald
- 1st in Year 9 PDHPE ~ Joshua Dowse
- 1st in Year 9PASS ~ Joshua Dowse
- 1st in Year 10 PDHPE ~ Gerard Collu
- 1st in Year 10PASS ~ Gerard Collu
- 1st in PDHPE (College) ~ Eryn Dorman
- 1st in SLR Fitness (college) ~ Demi-Lee Farrell
- 1st in SLR Football (college) ~ Joel Glendenning

FITNESS AND DANCE

This term PDHPE students are starting the new school year with a focus on Fitness and Dance. Years 8 and 9 and the Physical Activity and Sports Studies classes are engaging in fitness sessions during their practical lessons targeting their cardiovascular endurance, muscular strength and endurance. Linked into this Years 9 and 10 elective PASS classes and the College SLR and Sport coaching classes will have the opportunity to participate in the RAW challenge event being held on Monday 11th December.

TARGETED SPORTS PROGRAM

In 2018 Lake Munmorah High School will implement the Targeted Sports Program coordinated by Mr Liam Hearne. The program will be working with identified Stage 4 students from Lake Munmorah Public School, Gwandalan Public School and Mannering Park Public School. Students will initially work in three separate sports programs of Rugby League, Netball and Football (Soccer). As the program progresses, it is envisaged that it will look to expand to include programs in Touch Football and Basketball.

Throughout the 2018 school year the program will be introduced to the primary schools in a number of stages beginning with information sessions conducted at each school during Term 1. In Term 2 skill days will be held at each school and this will give coaches the chance to identify talented students and liaise with primary school teachers regarding the student's application. In Term 3 trials will be held so coaches can select their team and in Term 4 students will be notified of their possible success with each team finalised and ready to go for the commencement of the 2019 school year. Students interested in applying for the program must meet certain selection criteria before being considered for their inclusion in the program.

The selection criteria are outlined below:

- A student application and recommendation from the student's primary school
- An outstanding sporting record or identified potential
- A sound academic record
- An excellent attitude towards their studies and the school community
- A sound student welfare record

2018 SNOW EXCURSION

The Snow Sports Program to Thredbo has been booked for early Term 3, Monday 30th July - Friday 3rd August 2018. It is available to Year 9 and 10 PASS, SLR and Sports Coaching students as part of our Alpine unit. It will have an associated cost of \$975, so start saving as a \$200 deposit will be required by the end of Term 1 Week 4. The cost includes ALL transportation, accommodation, food, a five day lift ticket, and six lessons with qualified instructors and hire gear excluding snow boarders, who have an additional \$50 charge due to the increased likelihood of board damage. Expression of interest notes will be distributed during Week 1 Term 1. It has been a memorable event in recent years, so we welcome your enquires, contact the school on (02) 4358 1411 and ask to speak to Mr Rosser.



SPORT

It has been another busy year at Lake Munmorah High School with students, staff and the community supporting knockout sporting teams and whole school carnivals. This ongoing support is greatly appreciated, as it gives our students an opportunity to represent the school and value being active whilst also improving their sporting, leadership, teamwork and social skills.

A special thanks to all the teachers who have organised numerous sports excursions and coached the LMHS knockout teams in netball, touch football, rugby league, oz tag, table tennis, volleyball and basketball.



SCIENCE

"Without change there is no innovation, creativity, or incentive for improvement. Those who initiate change will have a better opportunity to manage the change that is inevitable."

William Pollard, Physicist

What a year for the LMHS Science Faculty. It has been a year of change and improvement, two things that are fundamental to science and our school community.

Being able to explore and explain complex science concepts has been a focus for Team Science in 2017. With our Year 9 excursion, Physics is Fun hosted by Luna Park, we were able to experience the phenomenon of motion and Newton's three laws first hand, while having fun at the same time. The exceptional behaviour of the entire year group made sure this excursion was both educational and rewarding for the teachers and students.

Living on the Central Coast and Lake Macquarie means our natural environment plays a significant part in our Science programs. The College Biology



and Senior Science field trip to Bateau Bay Rock Platform allowed the students to conduct ecology studies for their first assessment task. Our students were able to collect data and analyse populations; these science skills are easily transferable across any education and training context. For 2018, Team Science has already a number of innovative plans for making sure our young scientists have access to the best experiences for their education.



WHAT? YOU DIDN'T GET TO DO THAT EXPERIMENT?

Experiments are often the best part of the Science curriculum. Sadly, we still have a number of students who miss out on fun and educational practical experience due to their lack of adequate footwear. In accordance with Department of Education policies, it is mandatory that students wear enclosed shoes with leather uppers when they enter the laboratory. Students that do not have the correct footwear are not permitted to participate in practical activities. Please ensure that your child has the correct shoes when they have Science lessons. Sports shoes with mesh tops, or canvas shoes are not considered safe footwear. If you have any questions, please don't hesitate to contact me about it on **43581411**.

2018 AND BEYOND: BE PREPARED!

With 2018 rapidly approaching it is so important that all our students are the best prepared students possible. Being prepared to learn with the right resources shows commitment to your studies and shows that you value the lessons our Science team prepare for you. Begin 2018 with fresh books, and a pencil case full of pens/pencils/glue/scissors etc. Please remember that all your Science teachers regularly collect student books to monitor your child's progress, so a separate book for Science is required. While we can provide some stationary for students in need, it is really helpful if you can assist us by providing these essentials for your child.

TRANSITION

Earlier this term I had the privilege of meeting some of our incoming Year 7 students when I ran some Science taster transition lessons. During these lessons our budding Scientists had to analyse a series of white powders and test them for their properties to identify them. The day was a huge success and the students seem really enthusiastic to begin Science at high school. I look forward to seeing all these new faces again later in the term.

GOODBYE AND GOOD LUCK (AND THANKS!)

It is on a sad note that I have to farewell one of our beloved Science teachers, Mr Craig Wallace as he successfully gained a merit based position at The Entrance High. Throughout his time at LMHS, Mr Wallace has been a very popular colleague and mentor for many students. He has been at the forefront of our change and innovation focus, building a strong foundation for the future of STEM at LMHS. His passion for education has also seen the successful uptake of the Earth and Environmental Science course for HSC. We wish Mr Wallace all the best at his new school and hope that he remains in touch.

GOT A QUESTION ABOUT SCIENCE IN 2018?

If you want to know what subjects your child is studying in Science this year, the school website has a scope and sequence for 2018, and the assessment schedules for each year. Please check the Sentral calendar for information such as upcoming excursions and assessment notifications.

Mrs S.Martin

Relieving Head Teacher Science

VOCATIONAL EDUCATION AND TRAINING (VET)

What a fantastic start to the new academic year for our new cohort of VET students. We have four VET classes running for 2018, Hospitality, Sport Coaching, Business Services and Construction (starting Term 1 2018). Our new classes have hit the ground running; our students have shown great enthusiasm and commitment towards their courses by already engaging actively

in the Student Induction process, organising their USI numbers and registering with Youth Connections for their Term 1 work placement (with the exception of Sport Coaching). Our Hospitality class in the second week of the course catered for a 150 people for the Presentation Day morning tea. The food which they prepared and the professionalism which they showed in service was met with overwhelming praise.

If at any time you need to discuss your child's progress don't hesitate to contact their VET teacher or additionally the school VET Coordinator, Mrs Tiarna Fitzgerald. Our exceptional VET teachers for 2018 are Ms Charlene Trinder (Hospitality), Mr Danny Greenwood & Mr Brad Paul (Construction), Mr Tim Anderson (Business Services) and Ms Alex Mudd (Sport Coaching).

Important dates coming up:

Term 1, 2018

Mon 12th Feb White Card Course

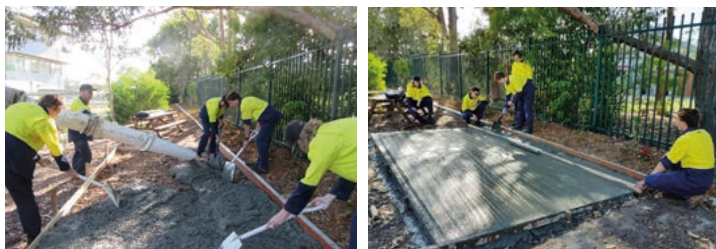
All Construction students must have their White Card before going on work placement

Week 3 & 4 Hospitality students work placement

Weeks 3 & 4 Business Services students work placement

Week 7 Construction students work placement

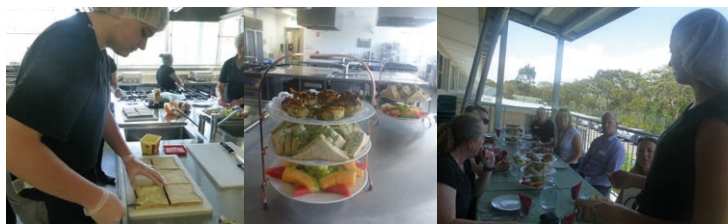
VET BUILDING & CONSTRUCTION 2017



As the year draws to a close the boys from the "Construction Crew" have been hard at it. Working to complete the course and attain those competencies. It's pleasing to see that so many students have secured employment and even apprenticeships. Qualities such as positive attitude, good work ethic and attention to detail are all admirable qualities that have helped these young adults throughout the course. We wish them all the best, whether it be in a continued study pathway or employment and career opportunities. This course must have certainly assisted the boys in their endeavours.

CONGRATULATIONS TO THE HOSPITALITY CLASS

What an amazing job you did for the Presentation day Morning Tea! All students looked professional in their presentation and manner in which they served the guests. They were able to advise the guests of the menu items and they created amazing platters of food. What a great start to the new course. Feedback sheets were excellent and I would like to thank the people who took the time to complete them. The response on Facebook has been very positive. Well done and I look forward to working with you all for the 12 months.



Another outstanding achievement for the new Hospitality students who managed to run the Coffee Shop and set up a function for Mr Rosser. Great skills were shown and professionalism was displayed.

Very proud of your work, Well done!



Year 9 Food Technology have shown excellent skills in making and producing Christmas Cakes. The class have been looking at the traditions of Christmas Cakes and have developed their own creative flair to design their own cakes. What a positive start to the elective course, I look forward to working with you throughout 2018.

Have a wonderful Christmas!

Miss C. Trinder

A SPORTING GOOD TIME FOR OUR NEW YEAR 7 STUDENTS

Firstly a big welcome to all of our new Year 7 students! We hope you have all enjoyed your first few weeks at LMHS. We've certainly enjoyed having you here and look forward to getting to know each of you a little better.

Incoming Year 7 students have been busy participating in a number of different transition activities all with the goal of devel-

oping positive peer relationships and learning how High School runs. Activities have included orientation days, orienteering, and Sports Gala days and trying out various timetabled classes.

Our Sports Gala days could not run without the generous donations of time and effort from various sports. We like to send a big thank you to Cricket NSW, Netball NSW, Waratahs Rugby and Wyong Leagues for coming out to our school. We also like to send a thank you to the various LMHS staff who gave up their time to run coaching clinics and those who actively supported our day.

Ms Emily Hurst and Mrs Emma Robertson

OPEN UNIVERSITY DAY

Budding university students from Years 10 and 11 visited the Ourimbah campus of the University of Newcastle on Thursday 23rd November for Schools Visit Day. Students were able to choose which university lectures to attend, depending on their interests.

The Music degree lecture was popular with a lot of the students - they attended the music production workshop and learned how to make original music content.

Students who attended the Law lecture were told how a law degree is one of the most versatile university qualifications available. Communication, problem-solving and research capabilities are all highly valued skills of law graduates and can be applied to any role, in any industry.

Students also attended information lectures on Education, Medical Engineering, Creative and Performing Arts, Nursing & Midwifery, Social Work, Computer Science, Software Engineering and Exercise & Sports Science.

The students who attended were excellent representatives of Lake Munmorah High School and are to be commended for their good behaviour and ability to navigate their way successfully around the university campus."



COUNSELLOR CORNER

When you think about it, it's incredible how the words we use when speaking with other people can have such a huge impact - for good or bad. Saying something complimentary to someone can make him or her feel good, feel worthwhile; but saying something derogatory or negative can really hurt or even make a person feel worthless. When we speak to our children as parents, it's important to remember that our words will make

an impact on them. Children look up to their parents and need their approval. They thrive on positive affirmation, even about the little things. Try to catch your child doing something - even a small thing - exactly as you want them to; then say something positive and see the effect it has on your child. Experts in children's behaviour have long held the view that for every negative statement you make to your child, it will take up to nine positive statements to rule out that bad feeling that comes from being criticised or verbally abused.

When setting rules, it's good to remember that rules which describe good behaviour e.g. "be gentle" or "stay close to me" are the easiest for children to understand. Rules that tell children to stop a behaviour e.g. "don't push" or "don't run off" are much harder for them to follow. And when your child does remember the rules, let him/her know you are pleased. Be positive and you will more likely see the rule being followed again!

Ruth Jenkins

Senior Psychologist, Education

INDI DANCE GROUP



We are working on getting our girls Indigenous dance group back up and running as soon as possible in the new year. The girls don't need to be Indigenous, they just need to want to dance. Please encourage your daughters to join. See Miss Miller for permission notes.

Also, our lovely young teacher we had lined up to come and teach our girls has got herself otherwise employed. So if you know of an Indigenous dance teacher we would love you to send her our way.

Year 9 iSTEM

Four boys from the class- Keiran B, Jakob M, Ethan C and Aaron F volunteered to represent Lake Munmorah in the StarLAB Mars Rover Challenge at Newcastle University November 9 & 10. There were 16 other schools and two days programming a rover bot to navigate a course. The boys did considerably well considering they had a crash course of programming with Mr Keats the day before the challenge.



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OUR SCHOOL LIBRARY

2017 has been a big year in the Library. It was my first year as a Librarian and I've learnt a lot and enjoyed it to no end. The support I've received from varied staff members and in particular Mrs Edmonds, Mr Kroehnert and Mr Keats has been immeasurable. Together, we've been able to create a modern and innovative work space which supports and exhibits the creative and educational needs of the entire LMHS community. Whether it be to read, study, research, consult, train or enjoy one of the numerous functions held throughout the year there is now an extensive range of collections and services to make this possible.



One of our goals is to engage our students more in reading which ultimately helps and enhances their learning. Did you know that when you read you are taking your brain, your imagination, on a jog around the block, that's right, you are actually exercising your brain!

When you read, your mind's eye starts imagining those snow-peaked mountains; that warm, snuggly, faded, fluffy, pink dressing gown wrapped tightly around you while you're sitting on that old, worn out brown leather lounge, with the familiar scratches that your cheeky little dog, Ruby made (all she wanted was just a cuddle, a scratch under her arm). Your legs are tucked up around you and your cold hands are being warmed by the mug of hot chocolate. You smell the sweet, familiar aroma of your childhood, you take a long, slow sip and those wonderful memories come flooding back, of the time when your dear dad used to make it for you on similar nights like this. As you are watching the steam rise from your comforting drink, you see the calming orange/red flicker from the log fire beyond; you hear the crackling sound of the wood that you brought inside just before the weather turned really icy cold. The wood has now been burning for a while and it has turned to almost ghostlike, glowing coals; leaping and dancing as you stare. You utter a sigh, and you think how uncomplicated life can be and how much delight you feel in these simple pleasures. That is enough reading for tonight, so you put your book down, close your eyes and without even trying, that little movie YOU made, with your imagination and the written word, comes in and out of your consciousness and just before you fall to sleep, a lazy smile plays upon your face in anticipation of what is to happen in the next chapter.

Now, be honest, after reading the above 2 paragraphs, aren't you feeling more in tune with the story? Hasn't it left you calm, relaxed, transported even? You've just had a journey, you've gone somewhere you have never been before and you have used not 2 but all 5 senses: sight, hearing, touch, taste, and smell.

So, take that brain of yours and give it some exercise. There is a great big world to explore and sometimes you don't have to travel very far. We would encourage all our students to visit our library, grab a book or maybe even a magazine, and be transported.

There are 2 famous quotes from Dr Seuss that are so true:

"The more that you read, the more things you will know. The more that you learn, the more places you'll go."

Dr. Seuss

And

"Reading can take you places you have never been before."

Dr. Seuss

Student Representative Council 2018

I would like to extend a huge congratulations and welcome to our new Student Representatives for 2018.

Introducing...

Steveye Fletcher is our Year 7 representative. She loves art and has already raised some excellent suggestions in our meetings.

Taleah Stewart is a creative Year 9 student who enjoys reading. She has a great sense of humour and is easily approachable.

Nikolas Fletcher is a proud member of the SRC for the second year in a row! He likes sports, computers and gaming.

Kayla Webber is one of our Year 10 representatives. She is a big fan of Stranger Things and can't wait to help with school activities in 2018.

Tashana Holmes is a confident student who will bring many new and fresh ideas to the group in 2018. She has an eclectic taste in music and enjoys pop culture.

Dylan Zammit is a Rubik's cube expert who loves to unicycle. He is excited to bring some of his creativity to the SRC.

Emilie Heinemann is a successful athlete who will inspire and encourage those around her. She is new to the SRC in 2018 and will certainly be a strong advocate for her peers.

Lilly Jackson is an engaged and effervescent student who achieves excellent results in her subjects. She is sure to become a valuable part of the SRC.

Daphne Byron is an insightful and thoughtful student who will bring a maturity to the group. She will be a clear and intelligent voice for the students of the school.

Emma Dezius is one of our College representatives who is very excited to be a part of the SRC for the first time. Emma is a keen advocate for her fellow students and loves to dance.

We've Got Spirit!

The faculty of Lake Munmorah High School would like to encourage our wonderful students to participate in all school-wide events as we work together to foster our School Spirit!

So what does all this mean for students? Starting with the swimming carnival in Term 1, students can earn rewards by participating in the carnival. Even if you're not sports-minded, just attending and wearing or dressing up in your house colours and cheering for your housemates will be rewarded with lollies and prizes.

The School Spirit Squad is organising games in between races and fun activities to keep everyone occupied throughout the day.

We hope that all of this will foster some teamwork, camaraderie, and unity for the whole school. Get out your pom poms, warm up your vocal cords, and get ready to cheer on your fellow classmates at our first event coming in February!

School Spirit Squad

Senior Leadership Team 2018

It is with great pride that I also introduce you to our amazing senior leadership team for 2018. These students were elected into this privileged position by the staff and students of our school and have so far proven themselves to be a dynamic group of senior students.

Prefect – Ben Byron. Ben is proving to be a dynamic member of our team. He loves video games and is looking forward to meeting as many students of the school and community as possible.

Prefect – Bailey Farac. Bailey is a quiet achiever, who will no doubt be an excellent network between students, parents and staff. He is approachable and interested in politics.

Sports Captain – Eryn Dorman. Eryn is a high achieving athlete and student who is proud to be a leader of the sporting teams of Lake Munmorah High School. She is part of the Catherine Hill Bay surf lifesaving club.

Sports Captain – Brendan Tangye. Brendan is another high achieving student and pizza entrepreneur, who is excited to be a part of the school sporting carnivals in his role as sports captain for 2018.

Vice Captain – Brie Rosewarn. Brie is a talented artist who has already proven herself to be an amazing leader for the students of our school. Her favourite band is Thundamentals.

Vice Captain – Kurt Myers. Kurt is extremely proud to be representing Lake Munmorah High School and hopes to use the skills he inherits from his time at our school to pursue a lifestyle of affluence.

School Captain – Karlee Dower. Karlee is our school captain for 2018 and has used her talent in drama to connect with the students of our school. She is a die-hard Wests Tigers fan.

School Captain – Isaac Harley. Isaac is another talented drama student who aspires to be a successful actor when he leaves school next year. His dream role is to play an action hero such as Spiderman.

Youth Health Clinic

Lake Munmorah High School is proud to partner with Central Coast Local Health District to offer a Youth Health Clinic based on our school site. The Youth Health Clinic is an exceptional example of health and educational agencies combining to provide outstanding well rounded health care to young adults.



The Youth Health Clinic operates each Wednesday of the school term from 9:30am to 2:00pm. Students from age 14 and above have access to the service by appointment only. A Local Area Health nurse and private practice doctor operate this medical service. All consultations conducted in the clinic are bulk billed.

To make an appointment, students can see Mrs Stephenson or send a private message through the school Facebook page.

If you have objection to your child under the age of 18 attending the clinic (at any time) please contact the school on 43581411, so that your wishes can be formally recorded.

Important dates

- P&C Meetings Term 1 - 2018: Monday 5th March & Monday 9th April, 7:30pm in LMHS Boardroom
- Monday 19th February 2018 – Kirra Pendergast from Safe on Social Media will be presenting to all students and staff about how to stay safe on social media. She will also be conducting a parent information session in the afternoon. All parents/carers/community members are welcome to attend. More information will be communicated in the New Year.
- All Mathematics classes will sit their first assessment task during Week 10 of this term- including Senior courses. All students have received their assessment task notification outlining what is in the exam as well as what percentage it contributes to their final report grade. We encourage every student to bring their own equipment - including a calculator - to ensure they are well prepared to achieve their best.
- LMHS swimming carnival. It's going to be on Friday the 9th of February 2018 at Swansea swimming Pool. You can also include: It's \$10 for the bus travel (paid to the office before the carnival) & \$3.50 for entry into the pool on the day - permission notes need to be returned to the school front office by Wednesday 7th of February 2018. Students will receive

their permission notes, first day back in 2018.

- The dates for the school X-country & Athletics carnivals are yet to be confirmed.

We are working on getting our girls Indigenous dance group back up an running as soon as possible in the new year. The girls don't need to be Indigenous, they just need to want to dance. Please encourage your daughters to join. See Miss Miller for permission notes.

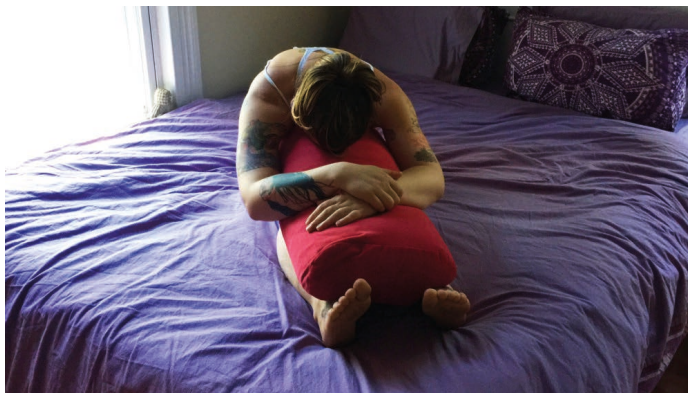
Also, our lovely young teacher we had lined up to come and teach our girls has got herself otherwise employed. So if you know of an Indigenous dance teacher we would love you to send her our way

HAVING TROUBLE SLEEPING???

It's 11 p.m., and your mind is still active and alert. You have a big day ahead of you and you know how important sleep is for your overall health and function, but the anticipation and panic of another sleepless night is only amplifying the problem.

Try this simple 15 minute yin yoga sequence to help you experience a restful and undisturbed night's sleep.

Caterpillar pose 5 minutes – with legs outstretched in front of you place a pillow under the knees and one between the thighs and the stomach. Allow yourself to melt down into a comfortable position; you should not be holding any tension in the body. If this pose is too deep try lying on your back and extending your legs up against a wall.



This pose lengthens the entire back line of the body enabling the spine to decompress; it is also very tranquilising allowing you to "tune out" of your day.

Child's Pose 5 minutes - place a pillow in between your calf muscles and your bottom and allow your torso to sink forward over your thighs. You can place another pillow under your forehead for support. Maintain stillness and calm even breathing.



This posture increases blood circulation to the head, calms and clears the mind and reduces fatigue.

Supine butterfly 5 minutes – support your back with one or two pillows and lay back, bring the soles of the feet together as close or far away from the groin as feels comfortable. Bring the hands to the stomach to rest. You can place a pillow under each thigh if the groin muscles are particularly tight.



This posture is effective in reducing anxiety, promoting digestions, relieving lower back pain and eliminating fatigue. Once again, resolve to stay as still as possible with calm, smooth breathing.

I hope this sequence brings as much vitality and rest to you as it does to me.

Anna Martin

PDHPE Teacher

500HRYT (Registered Yoga Teacher)