

# Lake Munmorah High School

## Smooth Sailing

Issue 2, March 2018

Muru Bulbin  
Pathways to Learning



### This Issue

Principal Report

New Staff Interviews

Faculty Reports

School Updates

New School Zone Traffic  
Infringements

### Dates to Remember

5 March 7:30pm

P&C Meeting

13 March

Cross Country Carnival

15 March

Immunisations

(Yr 7, 10 & 11)

19 March 6-7:30pm

Elevate Education  
Presentation for parents

27 March

School Photos

9 April 7:30pm

P&C Meeting

### From the Principal's Desk



Welcome to the first edition of Smooth Sailing for 2018, there are a lot of great reports, updates and interesting reading about our great school within. Certainly interesting times ahead as we transition to the two year, Preliminary and HSC model of delivery for our senior (Stage 6) curriculum. There will be more communication regarding community information nights later on in the term. We have already commenced looking at organisational structures such as timetables and staffing to assist with seamless transitions and impact minimisation for students. Also we are currently investigating moving from the integrated teaching of sport

to a "Sports Afternoon" format. Fantastic opportunities for our students to engage in activities of interest such as surfing, sailing, stand up paddle boarding, indoor recreational sports, gym training as well as the more traditional sports and activities available locally. It will also allow us to deliver the Talented Sports Program on a much broader scale.

The school is moving to appoint a Head Teacher Instructional Leader and Innovation - basically to assist teachers to teach better in addressing the learning requirements of the 21st Century Learner. With this in mind we will endeavour to improve student outcomes in terms of the National Minimum Standards for Literacy and Numeracy, greater opportunities to engage with technology and improved post-school opportunities. The successful applicant will work closely with Senior Executive as well as we work together in delivering the new LMHS School Plan 2018-2020. Our hard working Executive staff gave up most of last weekend to work on the refinement and of finalisation the plan.

Expressions of Interest are currently being sought for a Positive Behaviour for Learning (PBL) Coordinator at LMHS. It is anticipated that Positive Behaviour for Learning will be launched at our school in Term 4 2018. Positive Behaviour for Learning is an evidence-based whole school process to improve learning outcomes by addressing the diverse academic and social needs of every student to support them to be successful. All our partner primary schools are currently PBL schools so in time we envisage that a strong social culture will be a developed between all schools as we provide a continuum of social learning for our students.

Just a reminder that our draft school vision statement for the LMHS School Plan is included below - happy for any community feedback.

"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."

In closing, while we are very excited about the positive changes at LMHS it will all take time, and as I keep reminding staff and students about the need for professional patience I am reminded of a wonderful quote from Confucius - "The Ox is slow but the earth is patient"

I look forward to catching up with parents, carers and our valued community members as we all work together to improve the learning, and therefore the lives of our wonderful students.

Tony Keevill

Principal LMHS

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### COUNSELLOR CORNER - 2.2.2018

The beginning of Term One is an exciting time for everyone: students and teachers alike. At your child's school, he/she is settling into his/her classes, making new friends and learning about new subjects and skills. The opportunities for success are enormous! However, it can be a stressful time as well. Some students will find the changes - in their classes, subjects and even friendships - very difficult to cope with. They may be anxious about what is going on around them and unsure where to find help.

Research has consistently shown that the best way to help young people cope with stress and change is to encourage them in developing positive resilience factors. These positive factors can buffer or protect them during difficult times. At school, positive resilience factors include having a supportive teacher or mentor; being part of a group - no matter how small or large - of caring friends; having an interest and connection with sports and/or interest hobbies, and being able to set goals about the future. Even just focusing on the small goals of each day is a step in the right direction; and a positive way to approach this time of change.

*Ruth Jenkins*

*Senior Psychologist, Education*

### COUNSELLOR CORNER - 19.2.2018

Being a parent involves caring for, protecting and nurturing your child; and this is a day-to-day 24/7 task. In talking with parents over many years, I've learnt that these skills don't always come easily or naturally. It takes time to develop the knowledge and skills needed to promote children's physical and emotional development. Some parents seem to know instinctively how to manage and encourage their children, while others struggle to understand them and to discipline when necessary. One program that aims to help parents understand and manage their children better is the Triple P Program. This is an evidence-based program in which trained professionals provide learning and support to parents directly. The aim is to learn good skills for discipline, rewarding and communicating with your child.

Each parent's approach is influenced by their own parents, their life experiences, the opinions of their relatives and friends and what they read and see in the media. There is no single correct way to be a parent. The best advice is to find the approach you feel comfortable with; but learning some good skills - such as those developed

by the Triple P Program - can help.

If you or a friend is interested in learning more about the Triple P Program, information is available online (google Triple P Program/Parenting) or from your School Counsellor.

*Ruth Jenkins*

*Senior Psychologist, Education*

### INTERVIEW WITH MRS. FLEMING - BY DYLAN ZAMMIT, YEAR 10 SRC.

#### **How have you found your first two weeks at Lake**



#### **Munmorah High?**

I have really enjoyed the first few weeks at this school, everyone has been very welcoming to me and I have found that the students and staff are absolutely lovely and I really look forward to getting to know everybody.

#### **Why did you decide to become a Deputy Principal at Lake Munmorah High School?**

This is a school that I have actually aspired to work at. I had heard that the staff here were fabulous to work with, and also that the Principal and Senior Executive were great to work with too. I believed that this was a school I could help to develop and grow, and that I could also help the students here to achieve. I used to work at Hunter Sports High School and I would drive past here every day and think "that is a school I would really love to work at" and here I am. I was a relieving Deputy Principal at Hunter Sports so already know some of our students who have been there and then come back. After working at Hunter Sports I went to Gosford Office and was able to work with the Directors and Principals from across the region, and also work closely with the placement of students with special needs. That role saw me working with the Support Units across the Central Coast ensuring students with special needs were correctly placed in their respective schools, to best suit their special educational needs.

#### **Do you remember the first class you ever taught?**

That is going back a while now, but I believe it was a Year 9 Geography class at Wadalba Community School. They were very fun, shall we say haha. Fun and challenging. I got to know the students really well and I really enjoyed teaching Geography. My passion did eventually become teaching the senior classes in Legal Studies and Business Studies and I also used to do the HSC marking for Legal

Studies. I went from University, to only about a month of casual teaching, then straight into full time teaching. I quickly became a Year Advisor and then became Head Teacher of Welfare. From that I moved into a role as Head Teacher of HSIE, and then as I said previously, I moved into relieving Deputy Principal.

***If you could have any superpower what would it be?***

I would make sure that there was no more poverty in the world. I would have the superpower of providing food on the table for every child or person that needed it. I would eliminate war and fighting among countries. I also wouldn't mind winning Lotto and I would share it amongst a few people. I recently went and saw the film *The Black Panther* and it was about helping the world, I thought it was a great film with a great message. My husband often tricks me in to going to watch movies with him by telling me they are going to be romance films, but in this case I enjoyed it even though it wasn't.

**INTERVIEW WITH MR. QUIGG – BY DYLAN ZAMMIT, YEAR 10 SRC**

***How have you found your first two weeks at Lake***



***Munmorah High?***

They have been really good, I taught at Gorokan High School just before coming here and it's quite similar. The staff have been welcoming and it's been really good.

***What made you decide to become a PE teacher?***

Growing up I was really into my sports, I played sport since I was about 5, started with Soccer, then Rugby League, Rugby Union and Touch football. I had a great sports teacher at school and he kind of inspired me. I didn't really have a male figure in my life growing up so my teacher really inspired me and taught me a lot about life. I thought if I could do that for someone else, then that's what I would like to do.

***Do you remember the first class you ever taught?***

It was a Year 7 class at a local high school and I was in my second year of university. I had a young boy in that class who was new to the school and he had been in a bit of trouble. My first class was in a theory classroom and there was a fight. My supervising teacher ended up having to restrain the young boy. It was certainly an interesting introduction to teaching.

***DO YOU HAVE ANY SPECIAL TALENTS?***

Not really anything specific, I do enjoy my sports and have played a few at a representative level. I played representative touch football and some representative rugby union when I was at school, I made the CHS team and played alongside some future Wallabies.

***If you could have any superpower what would it be?***

That is a good question...maybe just getting the housework done haha. We have 2 kids at home and it can get pretty tough juggling work, kids, and keeping the wife happy. So I suppose super speed would help in getting the housework done, mowing the lawns and stuff like that.

**INTERVIEW WITH MR. MILLER - BY DYLAN ZAMMIT, YEAR 10 SRC**

***How have you found your first two weeks at Lake***



***Munmorah High School?***

I've really enjoyed it. I have come from The Entrance Campus, which is a school that only has seniors so I'm loving being at a Year 7 to 12 school now. Teaching juniors allows more time to have a bit of fun, have more discussions and things like that, rather than being driven by the pressure of the HSC all the time. With juniors there is a bit more flexibility.

***What made you decide to become a Science teacher?***

I just love Science. I read about Science, I watch documentaries about Science. I really enjoy learning about how things work and why they work the way they do. Science is getting more and more popular which is really good because there are so many resources available. When I grew up there really weren't many popular role models in the Science world, it's only been in the last while that Science has become more accessible, which is a good thing of course. Students are starting to come to class having seen things in their everyday lives and they are starting to ask more questions due to that. It's great as it starts some really interesting conversations and you can really explain and learn from those discussions.

***Do you remember the first class you ever taught?***

Not really actually. I don't really remember a lot about my entire first year of teaching, it seems like a massive blur haha. I was thrown into full time permanent teaching straight out of University and moved to the Central Coast from Lismore, up north. I moved locations, started

a new job, and while I really enjoyed it, it was a tough year. That's probably why now it's all a bit of a blur.

### **Do you have any special talents?**

No, I don't really have any interesting hobbies or anything. I've tried to learn a couple of instruments but never had the time to get very good at any of them.

If you could have any superpower what would it be?

That would have to be to fly. It would just give you that much more freedom and it would be fun to be able to just travel places and even just going anywhere, it would be so much more fun to fly.

## **CAPA NEWS**

Happy new year from all the CAPA staff at Lake Munmorah High School! Welcome to 2018, we have a few exciting items coming up over the next couple of weeks...

## **PHOTOGRAPHY**

We are looking forward to a visit from Louise Whelan on the 2nd of March. LMHS has successfully secured a free workshop through the Moran Arts Foundation. Whelan is a highly acclaimed and recognised Australian photographer who will be conducting this workshop at Lake Munmorah with our Interested and Talented Photography students. Student images from this workshop will be entered into the Moran Contemporary Photographic Prize – Student section in 2019.



## **STARSTRUCK 2018**

Miss Dyball has applied to take a group of 16 students to Star Struck. Auditions were held last week and 16 students have been selected to be a part of the ensemble.

Students will perfect their dance and audition to Star Struck. We wish the girls best of luck.



Congratulations to Mrs Patterson who is the Vocal Director for Starstruck. She will be conducting round three vocal auditions on Saturday 17th of February. The Junior and Senior Backing Vocal audition workshop will also be held on Tuesday 27th February, in which she is also involved.

The Reprise excursion is scheduled for our College Music

students to attend the showcase HSC Music performances from 2017, they head to Newcastle for this on the 16th of February.



## **LOTE**

Hajimemashite!

A big welcome to our new Year 7 students. Students will be studying Japanese language and culture this year as part of their curriculum. It is a great opportunity for them to learn about another culture and in turn discover more about their own. A small reminder that assessment tasks went out week 2 and are due week 5. Students have been given the task already; however they can also access the task via the Sentral student portal. You can find it attached to the calendar there if needed. Looking forward to seeing excellent, high quality work.

## **ENGLISH/LIBRARY**

A recent purchase by the English and Library is a barcode scanner.

Not the cheapest piece of equipment but we are hoping it will help us to save thousands, yes thousands! Every year both English and the library lose thousands of books, just because students forget to return them. They don't want them anymore they just become forgotten items veritable dust bunnies under their beds. So we hope our investment and Miss Blue's and Miss Bridges hunting skills see a lot of unused books returned and scanned off your name in either the library or the English Faculty.



Book Amnesty Season is open!

## **TAS FACULTY – EEC EXPLORING EARLY CHILDHOOD**

I would like to welcome a new edition to Lake Munmorah High School, I'm pleased to announce the arrival of our virtual baby in Exploring Early Childhood. We have

yet to name him but we will keep you posted on that.

I would like to let staff, students and parents know a little about the baby and the expectations of those who caring for the baby and who may be in contact with the baby.

The baby is a virtual baby from Reality works and is pre-programmed to act like a real baby. It will cry for feeding, nappy change, burping or a cuddle representing the behaviour of a newborn baby. A sensor in the baby records the length of time the baby cries, any rough handling and neglect. It is the size and weight of a real baby and should be cared for with the utmost care.

The baby is the sole responsibility of the assigned student from the EEC class. There will be no exceptions for others to care for the baby whilst at school or when permitted to take the baby home. Students need to be careful and no rough handling around the baby nor take or act irresponsibly around the student who is caring for the baby, in class on the playground or to and from school.



If there are any issues regarding unsatisfactory behaviour please contact Ms Stephens in TAS

## LMHS SWIMMING CARNIVAL 2018

*\*for greatest impact, read this article with a bogan voice*

The day went off with a great start cheers to Marto and the SRC for cooking up a phat feed on the barbie with some mint bacon and egg rolls. As the mullet wearing, socks and thongs repping Bogans filled Swansea Pool, led by the support unit legends playing absolute Aussie bangers, we kick started the Munmorah Bogan Spirit. Year 12 rocked up decked out in their finest Bogan wear and claimed their territory by starting the day off with some volleyball, while the juniors battled it out in a com-



petitive game of touch footy with Mr. Robbo Johnson reffing the event.

The races commenced and the school had their eyes peeled for some great performances in the water. After the first set of competitive races, the iconic salmon races began, which invited everyone to have fun in the water and show off their best silly salmon. Lake Munmorah's great sportsmanship and team spirit was evident all day with everyone getting involved and having a swim, especially Ella Squire-Hall, Jessica Dennis, Finn Hutchinson and the Williams' brothers who were absolute stand-outs in the day's events. Face painting was also a hit with plenty of Bogans representing and some impressive face designs painted by Daphne, Maddie and Krystal. However, Mr. Bolte absolutely stole the show with his colourful rainbow face paint highlighting his all natural mullet.



Seventy of Lake Munmorah's star handball players battled it out in a fierce competition by the side of the pool, to see who could take out the inaugural event, and to claim the title of the best handball player in the school. This competition was taken out by Year 12's Jie Saunders, the undefeated champion on the day, winning himself a \$15 canteen voucher. Honourable mentions must also go to Isobel Burton, Mollie Gibson and Kaden Munsie who came close runners up.

The chefs on the barbeque changed their menu for the lunch rush which saw plenty of Bogans lining up for a snag with Marto's cupcakes a hit for dessert.

The heated and highly competitive races continued before the annual Teachers vs. Students race. It was closely contested but with Miss Bourke's triathlete talents she carried the teacher's team to a gold medal performance that the Year 12 boys just couldn't keep up with.

Everyone's outfits were looking distinctly Bogan but best dressed would have to go to Mr. Rosser with his stunning mullet and also to Lachlan Cann who got right into the Aussie Bogan spirit.

Overall, the day was an absolute success with outstanding attendance from the students, who enjoyed a day out with their mates with great food, music and of the course the chance to compete and enjoy a great Aussie sport.

Thanks,

Your Sports Captains,

Brendan and Eryn.

Age champions from the LMHS swimming carnival

U/12's: Tamika Mackay (G), Luke Mathews (B)

U/13's: Lilli Davidson (G), Benjamin Murray (B)

U/14's: Alexis Renshaw (G), Olli Williams (B)

U/15's: Bree-Ann Munro (G), Jett Williams (B)

U/16's: Ella Squire-Hall (G), Joshua Dowse (B)

U/17's: Georgia McPeak (G), Brendan Tangye (B)

Congratulations to these students who have been selected in the Eastlakes Zone swimming team to compete at the Hunter Swimming Championships at Maitland Aquatic Centre on 5/3/18.

U/12's boys: Luke Mathews and Billy Smidt

U/13's girls: Lilli Davidson

U/16's girls: Ella Squire-Hall

All the best to the students at the Hunter Swimming Championships.

Regional Hunter swimming was on the 5/3/18 & the school cross country date is Tuesday 13/3/18 (week 7, term 1).



## PDHPE FACULTY

Fitness Focus in Physical Education

For much of Term 1 fitness activities will be the focal point of Physical Education lessons in 7-10 PDHPE. Students can expect to participate in a range of activities such as boxing, callisthenics and fitness testing to support their development of the health (cardiovascular endurance, flexibility, strength, strength endurance and body composition) and skill (agility, balance, coordination, power, reaction time, speed) related components of fitness. Students are encouraged to apply a roll-on

deodorant and bring a change of clothes. Please contact the PDHPE Faculty on (02) 43581411 if you have any questions. Students not participating are expected to present a note from home explaining why they are not able to be involved, with a medical certificate encouraged when students are not able to actively participate for long periods.

## SEMESTER I ASSESSMENT TASKS

PDHPE students will receive their Semester I theoretically based assessment tasks over the coming weeks. Students are provided with a number of lessons in class where they have the opportunity to develop a clear understanding of what the task involves, when it is due and how marks are allocated. At this point, students are expected to complete the task in their own time and submit it on or by the due date stated on the task. Please refer to the timetable below to determine the topic and date when your child's task is to be completed and submitted.

- Year 7 Understanding Self and Respecting Others due Friday 6th April 2018

- Year 8 Health and Wellbeing in Australia due Friday 9th March 2018

- Year 9 Alcohol and Drugs in Australian Society due Friday 16th March 2018

- Year 10 Healthy Mind and Body due Friday 23rd March 2018

Please note that your child's task is to be submitted on or before the stated due date. Failure to do so, unless under exceptional circumstances will result in a mark of 0 being awarded.

## SNOW CAMP 2018

Monday 30th July - Friday 3rd August

For interested Sport Coaching, SLR and PASS students: the expressions of interest and deposit for the snow camp are due. Please contact Mr Rosser in the PDHPE Faculty if you have any inquiries.

## THE AUSTRALIAN CURRICULUM: HEALTH AND PHYSICAL EDUCATION

The PDHPE crew were recently involved in a webinar focused on unpacking the Australian Curriculum: Health and Physical Education, which is currently with the Education Minister for final approval, with plans to implement in schools in 2020. We have set out a path to create a 'Coast Curriculum' with three partner high schools; a most effective way to best utilise the resources available to produce a dynamic and engaging curriculum for all Lake Munmorah High School students.



## ETHOS OF THE AUSTRALIAN CURRICULUM: HEALTH AND PHYSICAL EDUCATION

Our current generation of students are the most connected and informed learners we have ever taught. They have access to more information and knowledge at their fingertips than we could ever have imagined. The futures research in education suggests that schools will more and more become settings that guide learning with an orientation to developing lifelong learners, rather than settings that simply impart knowledge to create learners who can perform well on a final exam. This will see teachers shift from a role of knowledge “keepers” to playing the role of knowledge “brokers” – facilitating access for students to knowledge gained from other sources or experts.

To cater for these shifts in knowledge access the Health and Physical Education curriculum includes a critical inquiry approach that promotes researching, analysing, applying and appraising knowledge in the health and movement fields. This approach seeks to support students to understand that a range of factors shape a person’s ability to be healthy, safe and active and that often these factors are out of an individual’s control. As students explore concepts and issues within the curriculum the content encourages students to question knowledge and test assumptions that we may take for granted to ensure that they are founded on reliable and accurate information.

The new curriculum focuses on developing understanding and skills to be able to make healthy, safe and informed choices about their health based on the information available to them. Health experts have identified the development of health literacy as a key skill for individuals in being able to manage their own health and wellbeing.

The PDHPE Faculty would like to recognise Janice Atkins for the use of excerpts from her blog on the Australian Curriculum: Health and Physical Education.

### CROSS COUNTRY CARNIVAL

The Lake Munmorah High School Annual Cross Country Carnival will be held on Tuesday 13th of March, 2018 (week 7 – Term 1). The Cross Country carnival is a compulsory event and all students are expected to participate.

### *The Course.*

The course measures approximately 3.7km.

- Start: School Oval
- One lap around the fence-line of the school ground.
- Exit school at the bike gate, closest to Lake Munmorah Primary School
- Follow Cycleway down Carters Road.
- Continue along Cycleway, over the bridge to Chain Valley Bay North.
- This is the turn-around point.
- Backtrack over the course, back along Cycleway, along Carters Road towards the school
- Enter School front gates in front of D Block and out through the gates under the D-E Block stairs.
- Move onto the oval and towards the finish line in front of the recording desks.

Students may choose to Walk, Run or Skip the course. The event can be taken seriously and competitively or it can be done just for fun. However, bikes, skateboards, scooters, rollerblades etc are NOT permitted. In addition, students may not use their phone while completing the course, as they need to remain alert and aware of their surroundings due to the course being undertaken on a shared public pathway. Staff members will be plotted along the course at regular intervals as well as some staff members undertaking active supervision as participants or mobile first aid stations.

The first 10 placegetters from each age group will be selected to compete at the Zone Cross Country Championships to be held at Gwandalan on Friday 11th of May 2018. Upon completion of the race, these top 10 runners will be asked if they will be “available for Zone Cross Country?” If the student is available, they are to say “yes” and collect a Zone Cross Country information & Permission pack. If a student is not interested in competing at Zone Cross Country, they must say “no” to the recorder, who will then give the next placegetter an opportunity to go to Zone.

Canteen facilities will open normal hours.

If for some reason you would prefer your child/ren NOT to complete the Cross Country Course on Tuesday 13th of March 2018, please send your child along with a note explaining why s/he will be unable to participate. Please address your letter to Mr Bolte (PDHPE): Carnival Organiser.

## HIGH PERFORMING STUDENTS PROGRAM

“The High Performing Students Program gives exceptional high school students the opportunity to get a ‘taste’ of tertiary education by undertaking first year university courses while still at school. The University of Newcastle program provides students with opportunities to fulfil their academic potential, help with career decisions, and can lead to credit for university studies. Now running for over ten years, the program is delivered at Merewether High School but is open to students from all schools in the region. The program aims to keep our best and brightest in the region, and to build opportunities for local growth. Students in this program become actual university students, they have access to all University facilities, and all innovative educational technologies are a feature of all the courses.” – High Performing Students Program Website.



Tegan Jenkins, and Joshua Dowse (Year 10), both applied to participate in this program, their preferred course being nominated at the beginning of this term. After an extensive selection process, of applying, being interviewed, and awaiting an answer, both students managed to gain a position in this incredible program. Tegan applied for, and was accepted into the course of “Globalisation and International Management”, which “analyses the challenges and opportunities presented by the globalisation of markets and production for managers in both domestic and Multinational Corporations”, and Josh applied for, and was accepted into the course of “Introductory Chemistry”, which “examines basic atomic molecular structure, introduces the chemistry of carbon compounds, and illustrates basic physical concepts central to an understanding in the discipline”. Both students will be participating in three hours of lectures per week over a 15 week long period. These lectures will be given by professors from the University of Newcastle, at

Merewether High School. When the course is successfully completed, both students will be eligible for a credit transfer to a relevant university degree.

Lake Munmorah High School will be providing both students with time, mentors, and the resources to help to complete their chosen courses to the very best of their abilities. This is the first time Lake Munmorah High School has been offered this opportunity, and to have two students gain placement in the program is very exciting. Both students are very keen, and eager to get started on their courses and cannot wait to learn new things, develop new skills, and meet new people.

*By Tegan Jenkins*

## TRANSITION SUPPORT FOR STUDENTS WITH A DISABILITY.

Introducing Tracey Scheitel the Support Teacher Transition for the DOE. Tracey has been in this role for 11 years supporting students with Disabilities across the Wyong High Schools and Lower Lake Macquarie High Schools. Tracey’s base school is Lake Munmorah High School. Her role includes supporting students from yr 7 to 12 in Mainstream and Support Units, with school issues including subject choices and further training as well as afterschool support services and individual needs. Tracey can also support the NDIS application process. School leavers need to be accessing the NDIS if they want to use afterschool Post School Services. Tracey also meets with outside agencies and keeps schools up to date with programs, services and other support available on the Central Coast. Welfare and Support Unit staff at Lake Munmorah High School organise meetings with parents/ carers each year with Tracey to do their Individual Transition Plan. This plan is done in collaboration with all stake holders to document future pathways for students with disabilities to get the best outcome for their schooling.

Parent/carers needing to access the NDIS should contact 1800 800 110 to apply and start the NDIS process as soon as possible. Also see the NDIS website [www.ndis.gov.au](http://www.ndis.gov.au)

## STUDENT SERVICES

Lake Munmorah HS is committed to providing opportunities for our students to access programmes that promote wellbeing, mindfulness, self-regulation, courage and resilience.

Equipping young people with the skills and strategies to cope when presented with challenges and assisting stu-

dents to identify and reach personal goals is consistent with the Department of Education's Wellbeing Framework: Connect – Succeed – Thrive. Student wellbeing is enhanced when schools connect with and draw on the expertise, contribution and support of their communities.

We have a female Youth Worker that comes into the school every Monday from LINKS Youth Support Service – part of San Remo Neighbourhood Centre. She runs a small group programme called 'Actually, I Can' with our female Stage 4 students. This is a positive mental health programme which teaches students coping and wellness strategies; assisting them to make a positive shift in the way they view themselves and their life.

We also have a male Youth Worker that comes to the school from Phoenix Youth Support Services (located at the Gravity Youth Centre in Lake Haven and part of Wyong Neighbourhood Centre). Our Youth Worker meets with our Stage 5 male students to run sessions on goal setting, relationships, effective communication, cyber bullying and anger management.

Community engagement maximises how students connect, succeed and thrive. Positive relationships foster connectedness and feelings of belonging and are essential for wellbeing. They are important because they help us to build social and emotional skills and in turn nurture other positive, caring and respectful relationships.

*Sara Donald*

*Support Teacher, Student Services*

## YOUTH HEALTH CLINIC

Join the growing number of students accessing the Youth Health Clinic. It operates each Wednesday during the school term.

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.

See Mrs Stephenson or Ms Donald to make an appointment.

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.

## CHASER

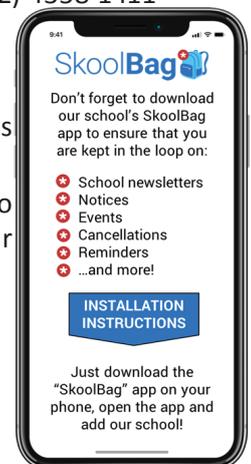
Chaser is an after school homework, tutoring and study centre designed to support all students at Lake Munmorah High School. The program is run by teachers who volunteer their time after school to help students with their homework, study, assessments and in preparation for exams. It opens each Thursday afternoon 2:20 to 3:20 in the school library. Prompt pick up is advised as staff cannot ensure supervision after this time. Chaser does not operate in the first or last week of each term. Students require parent permission to attend chaser. Parent permission notes are available from the front office.

For further information contact lakemunmorah-h.school@det.nsw.edu.au or contact (02) 4358 1411

## DOWNLOAD OUR SCHOOL APP!

Lake Munmorah High School now has a School App.

Download the app today to stay up to date with what is happening in your school.



## SNAPCHAT....WE HAVE A PROBLEM

If you have allowed your primary school student or young teen a snapchat account, here's something you need to be aware of.

One of the search functions of Snapchat is providing too much information about their users. If the location services for the app are turned on a very concerning security problem is revealed.

Snapchat has a very clever user retention strategy behind it. They lured in a whole generation based on the fact that their snaps would disappear after a short amount of time, so it became a second language for teenagers. A large percentage of kids say they use Snapchat because their parents don't. Also, if you turn off location services for snapchat you start to disable some of the photo filters so kids won't turn off location services for Snapchat.

And there lies a BIG personal privacy and security issue that you and your children are not aware of and should be.

Enter a school name or a suburb into the search feature

Phone: (02) 4358 1411

Email: lakemunmor-h.school.nsw.edu.au

Web: www.lakemunmor-h.schools.nsw.edu.au

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on Snapchat and the app will deliver to you all of posts being made in proximity to the location. It will also suggest other schools (with other Snapchat account holders). Often this list will include the names of account holder, and provides the individual searching locations with the option to add the account holder to their contacts.



This raises two issues.

1. It provides evidence that numbers of students are using snapchat in and around school – often in defiance of the schools' mobile devices usage policy.

2. Complete strangers are able to target your child's Snapchat profile, using the school they attend as a way to find them. This issue is particularly disturbing.

Consider this possible scenario if you are not concerned by this information.

A predator doesn't know the names or other regular locations of children attending any of the schools in the area that they may be, but simply by searching the school name in the Snapchat search feature, they are able to find regular users of Snapchat at these schools that are close to them.

Courtesy of Snapchat they are now able to add the accounts of any child they find, and may now happily follow their snaps, record or screen shot them..... and watch for other locations that appear regularly in a child's Snapchat feed, such as their home or regular place for sporting activity. They can also interact with the child through their account, and become "friends" with them on any other social media account.

#### **What can you do to minimize risk?**

- Respect the age restrictions of 13+
- Build trust with your child by explaining why you insist the account be set to private.
- Ensure that Ghost Mode is enabled on the Snap Map, so account holder information is hidden.
- Turn the location services for the app off on the device.

- Regularly review with your child who interacts with their account.

- Ask your child to respect the schools mobile phone policy.

If you have any questions please get in touch:

***wecanhelp@safeonsocial.com***

## **ATTENDANCE REWARD BBQ**

Students who achieve an attendance rate of 95% or more will be invited to attend a free BBQ lunch on April 10th 2018. Invites will go out later this term.

Selected Yr 9 students are currently participating in the Creating Chances program periods 4 and 5 on a Thursday. Creating Chances is an evidence-based program promoting positive youth development through sport. It is focused on teaching vital 21st Century skills and aims to inspire, develop and empower young people to believe in themselves so they contribute positively to society and create positive change in the world.



**LAKE MUNMORAH HIGH SCHOOL INVITES YOU TO A**

**PRESENTATION BY ELEVATE EDUCATION:**

***Learning & Studying Skills for Senior Students***

When: Monday 19th March 2018 @ 6pm

Where: Lake Munmorah High School Hall

#### ***Understand more about life as a student***

- Learning, time management, procrastination, sleep, motivation and stress
- How you can help your child to study and be prepared for the HSC
- Elevate seminars are based on 10 years of ongoing research in the habits and techniques of the top students.

***We strongly recommend parents attend***

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## CREATING CHANCES PROGRAM

Selected Yr 9 students are currently participating in the Creating Chances program periods 4 and 5 on a Thursday. Creating Chances is an evidence-based program promoting positive youth development through sport. It is focused on teaching vital 21st Century skills and aims to inspire, develop and empower young people to believe in themselves so they contribute positively to society and create positive change in the world.

### ABOUT CREATING CHANCES

Using the power of sport to engage and teach young Australians, Creating Chances aims to inspire, develop and empower young people to believe in themselves so they contribute positively to society and aspire to a brighter future for themselves and their community.

### BECOME A COACH AND MENTOR

Creating Chances provides opportunities to young people to become leaders. You'll learn important skills and then have the opportunity to put them into practice as you coach and mentor younger children at special sporting sessions and gala days - events that have been designed by you!



This could be you!

### A PROVEN APPROACH

The Australian Curriculum has a clear focus on teaching 21st century skills that equip young people to operate with confidence in a complex, globalised world. Creating Chances provides internationally and nationally renowned best practice, evidence-based programs underpinned by robust research and experience in the use of sport for positive youth development.

FIND OUT MORE ABOUT HOW CHAMPIONS ARE MADE WITH CREATING CHANCES:

1300 298 528  
 info@creatingchances.org.au  
 creatingchances.org.au  
 PO Box 144 Manly NSW 1655

### A LONG TERM JOURNEY

Each Creating Chances program fits into a pathway of learning and experience, to encourage ongoing development. Programs are designed to actively engage young people through sessions in the classroom and on the field, focusing on the skills required to navigate life effectively and contribute to the wider Australian community as agents of positive social change.

Creating Chances Facilitators are with you every step of the way, taking you through the pathway, developing your skills, acting as mentors and guides, and providing advice on new opportunities and possibilities for your future.

### INSPIRATIONAL YOUTH EXPERIENCES

Creating Chances also offers community-based programs and experiences for all ages to develop leadership and social skills, provide opportunities to participate in sport and community and introduce children to Creating Chances, including:

- Leadership camps
- Sports gala days for children
- International excursions
- Corporate workshops
- Youth advocacy events

## YOUTH DEVELOPMENT PATHWAY

STEP 1

### CREATING CHAMPIONS: Sport for Personal Development

SUITABLE FOR YEARS 7-10 STUDENTS

Creating self  
 Creating coping mechanisms  
 Creating connections  
 Creating social responsibility

STEP 2

### CREATING COACHES: Sport for Community Cohesion

SUITABLE FOR YEARS 9-11 STUDENTS

Leadership  
 Event planning and management  
 Coaching foundations

STEP 3

### CREATING GAME CHANGERS: Sport for Social & Community Development

SUITABLE FOR YEARS 10-12 STUDENTS WHO HAVE COMPLETED CREATING CHAMPIONS & CREATING COACHES

Advocacy  
 Community Awareness  
 Planning and reviewing  
 Self-evaluation



**SEVEN NEW SCHOOL ZONE TRAFFIC OFFENCES**

To help schools keep the school zone safer for all pedestrians and drivers there are seven new traffic infringements with new fines.

None of the seven offences attract demerit points when committed elsewhere on the road but in a school zone they each come with two points.

The changes are:

1. *Stopping in intersection* - Under the changes if a driver commits this offence in a school zone they will receive a penalty of \$439 and 2 demerit points.
2. *Stop within 20m of intersection (traffic lights)* - Under the changes if a driver commits this offence in a school zone they will receive a penalty of \$439 and 2 demerit points.
3. *Stop within 10m of intersection (no traffic lights)* - Under the changes if a driver commits this offence in a school zone they will receive a penalty of \$439 and 2 demerit points.
4. *Stop near bicycle crossing lights* - Under the changes if a driver commits this offence in a school zone they will receive a penalty of \$439 and 2 demerit points.
5. *Obstruct access to ramp/path/passageway* - Under the changes if a driver commits this offence in a school zone they will receive a penalty of \$330 and 2 demerit points.
6. *Not parallel park in the direction of travel* - Under the changes if a driver commits this offence in a school zone they will receive a \$330 fine and 2 demerit points.
7. *Parallel park close to dividing line* - Under the changes if a driver commits this offence in a school zone they will receive a \$330 fine and 2 demerit points.

All updated school zone offences can be located through Roads and Maritime: <http://www.rms.nsw.gov.au/documents/roads/safety-rules/demerits-school.pdf>

**FUNDRAISER BBQ**

**BUNNINGS warehouse**

The Support Unit are holding our first fundraising day.

Where: Bunnings Warehouse Lake Haven

When: Saturday the 10<sup>th</sup> March 2018 from 7.30am to 4.00pm.

Why: All money raised will be going towards an Active Education Camp for all of the Support Unit to attend.

Please come along and support the staff and students of Lake Munmorah High.

\$2.50 per sausage sandwich  
\$1.50 drinks

**TOUKLEY YOUTH YARD**

**FREE FOOD AND ACTIVITIES**

Come and meet the Youth teams from Phoenix and RYSS

When :Every 2nd Wednesday during term 1  
Starts 21st February, 7th, 21st March & 4th April 2018  
Where :Toukley Neighbourhood Centre

Wyong Neighbourhood Centre Inc, Toukley Neighbourhood Centre, RYSS Regional Youth Support Services Inc.



## ROAD SAFETY INFORMATION

YOU ARE RESPONSIBLE FOR YOUR CHILDREN'S SAFETY WHEN THEY ARE TRAVELLING TO AND FROM SCHOOL.

# Drive and park safely near schools

The beginning and end of the school day are busy times for pedestrians and drivers outside schools.

You can help keep children safe by remembering the following:

- drop off and pick up children on the school side of the road
- never call out to children from across the road – it is very dangerous
- always take extra care when driving in 40km school zones
- follow all parking signs – these help keep children as safe as possible
- park responsibly even if this means you have to walk further to the school gate
- never double park – it is illegal and puts children at risk
- never do a U-turn or three-point turn outside the school as it puts children at risk of harm
- model safe and considerate pedestrian and driver behaviours to your children.

### For further support

Go to the department's Road Safety Education program at [education.nsw.gov.au/road-safety-education](http://education.nsw.gov.au/road-safety-education) or visit [education.nsw.gov.au](http://education.nsw.gov.au) and search for road safety education.

When travelling in a car ensure your children:

- use a booster seat if they are aged between 4 and 7 years old – it's the law
- are correctly buckled up in their seatbelts
- always get in and out of the car through the 'safety door' – the rear door on the footpath side of the car
- are never left alone in the car.



**Up to 6 months**  
Approved rear-facing child car seat



**6 months to 4 years**  
Approved rear- or forward-facing child car seat



**4+ years**  
Approved forward-facing child car seat or booster seat



**145cm or taller**  
Suggested minimum height to use adult lap-sash seatbelt



NOW'S YOUR CHANCE TO

# TRY' SKILL

*Plumbing*

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WHAT CAN I HAVE A GO AT?

*20th June 2018*

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WHEN?

*Ourimbah TAFE Campus*

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WHERE?

COME & JOIN  
WORLDSKILLS.ORG.AU / TRYASKILL