

From the Principal's Desk

This Issue

Principal Report.....	pg1
Advisor Reports.....	pg2
Faculty Reports.....	pg3
Sport News.....	pg 11
School News.....	pg12

Dates to Remember

29/06/18	Yr 10 Geography Excursion
02/07/18	P&C Meeting
06/07/18	Final Day of Term 2
23/07/18	Staff Development Day
24/07/18	All Students Return - Term 3
30/07/18	Snow Trip
27/09/18	Yr 12 Formal - Caves Beach



Welcome to the second edition of Smooth Sailing for 2018, once again highlighting some fantastic work and performances from our great students and committed and passionate staff. A highly successful Subject Selection Evening was held on June 19th and was the starting point for our transition back to a more traditional HSC delivery model. It gave senior executive and teaching staff the opportunity to talk with students and their parents and carers about senior high school, study pattern options and potential career pathways. A healthy partnership between teachers and

parents is the strongest foundation we can provide for our students in terms of them achieving positive academic, social and wellbeing outcomes. In other words 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" as per our LMHS School Vision statement.

I don't want to steal the thunder from our dedicated staff who will give details of the wonderful undertakings of your children later in this newsletter.....so I thought I would talk about the rapidly changing nature of society in general and how it relates to education more specifically. My personal philosophy on modern education is to ensure our school is simply "fit for purpose" and this is expanded in our LMHS Vision Statement 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".

So what does "fit for purpose" really mean? As we move forward with our LMHS School Plan 2018-2020 - it is about understanding and unpacking the extreme human complexity of successful teaching and learning. How can we best deliver relevant and engaging lessons that foster curiosity in students and assist them becoming lifelong learners - a prerequisite for all future occupations. Our intention via the plan is to adapt evidence informed solutions, respond to changes as they happen and support students, staff and the community to shift embedded beliefs and practices - be agile in our teaching, learning and leadership. Targeted and teacher identified professional learning will support this. We need to create choice for our students so they can be unique and great in their own way. Nurturing their unique talents and give them advocacy and a "voice" in their personalised learning.

From the Principal's Desk cont.

We are in what some theorists describe as the 4th Industrial revolution - if it can be automated it will be. We will be encouraging students to reach for greatness and not be satisfied with mediocre - less than their personal best. In reaching for greatness with personalizable education for all - things to look at changing will be curriculum (what we teach), pedagogy (how we teach) and assessment (how we check for understanding). Authenticity will play a key role in our decision making where "authentic" means it is meaningful or useful, and while the same set of skills does not make every child successful, to thrive in the 21st Century they will definitely need to be engage in creativity, critical reflection, communication and collaboration. To address this LMHS has commenced professional learning and development in Project Based Learning, and have already experienced some success and growth in this area - so as always - watch this space.

Finally I would like to take this opportunity to wish students and staff a relaxing and rejuvenating July holiday period. Please stay safe and look forward to working with you all next term.

Tony Keevill - Principal LMHS

Counsellor Corner - 13.6.2018

Amongst all the tasks in raising children, probably the most challenging and stressful is dealing with your child's behavior. When children behave well, we as parents feel proud and perhaps good about ourselves. We should feel this way, as children can be a real credit to their parents and their good behaviour is a reflection of the commitment of parents to ensuring their child understands what is acceptable and what isn't. It takes a lot of time and energy to explain what good behaviour is and reward it when it's happening; and this is something we should as parents remember to do whenever possible. But it also takes a lot of time, energy and real commitment to show children how to behave properly when they are inclined not to. Children learn best from watching and observing what their parents and carers do; they want to be seen in a positive light and reminded to stay within the boundaries of good, acceptable behaviour. So, the parent's task is to notice their child's behaviour and respond to it appropriately. This means thinking about behaviour and speaking about it with your child; moreover it means being prepared to do this every single day...

No wonder parenting is such a difficult task at times! But as all parents know, it is rewarding and so enjoyable, also your child will thank you for taking the time and effort to help them learn good behaviour.

Ruth Jenkins

Senior Psychologist, Education

YEAR ADVISOR REPORTS

Year 7



At the start of term 2, Year 7 Students, their Year Advisors Ms Emily Hurst and Mr Malcolm Van Drempt and members of the Welfare faculty took part in the Raw Challenge as part of our team building day. The Raw Challenge provides an opportunity for students to develop their communication, self-confidence, team work and camaraderie skills. We had over 90% of our Year 7 cohort attend. The day its self was filled with fun and sunshine, we worked together to pull each other through mud pits, climb towers, swim through dams. An honourable mention goes to Jackson Cook, who ensured that every member of his group (staff included) made it over every obstacle. We look forward the next team building day.

Ms Emily Hurst and Mr Malcolm Van Drempt.

Year 8



Year 8 Performing Art's Wellbeing Day

During Week 4 this term Year 8 participated in a whole day of practical workshops aimed at fostering positive peer relationships. As their Year Adviser I encourage students to be respectful in all facets of their life. A way to help engage students in learning about what a respectful social environment looks like I used my skills as a Dance and Drama teacher to develop an interactive day. I have ran this day for several years now and continue to see positive results.

Students started the day with identifying what a positive social environment is and how it can be achieved. Miss Dyball and students discussed what harassment is and ways it can be stopped. Also a strong focus was

placed on the role of the bystander and what someone should do when presented with a situation as a bystander. Students engaged very well with the content.

Year 8 then split up into Performing Art groups; Music, Dance and Drama and worked on a performance project with the Year 10 mentors. The theme of their work was 'positive relationships'. Students worked exceptionally on their tasks and produced some terrific work.

The day concluded with a range of performances, showcasing the wonderful work by Year 8. Students demonstrated respect and encouragement towards each other. Some students were challenged out of their comfort zone, but were successful at pushing through. This is what makes the day so important. Congratulations to those students who performed, as performing in front of your peer group can be quite daunting.

I was so pleased at how the day unfolded and was extremely proud of every year 8 student who attended the day. Also thank you to the Year 10 peer mentors who worked exceptionally with Year 8 and Mrs Richards for your expertise in running the music Workshop.

Miss. Sam Dyball

Year 12



Graduating Class of 2018 News

Save the date: Our formal will be on Thursday the 27th of September at Caves Beach Hotel!

With so much school community support, we have been able to raise a significant amount of money through a range of highly successful fundraising events and activities. We can't wait to share the extra special additions with our graduating students on the 27th of September.

Thanks to everyone who supported our canteen at the Athletics Carnival, it was great to warm everyone up with delicious hot chocolates. I would like to thank those students who have helped me a lot this year with fundraising, and I would like to thank my assistant year advisor, Mr Maiden who has kindly taken over some of my duties while I am busy in other roles.



Mrs S. Martin

FACULTY REPORTS

CAPA



Dance and Music

Star Struck 2018 – Connect - Music

Throughout Term 2 one of our Music teachers Sarah Patterson has been working with the featured artists and backing vocalists for Star Struck. Many weekends are spent busily teaching the songs, rehearsing parts and staging choreography leading up to the production. With this experience each year Mrs Patterson is able to further develop her vocal performance skills as well as inspiring her students to be the best they can be. This experience is an enriching one for all involved, with the skills learnt and memories gained transferable.

Star Struck 2018 - Connect - Dance

This year we had another wonderful dance group participate in Star Struck. The theme for this years' show was Connect, which explored all the ways we connect to each other and the environment around us. Our students learnt the choreography for their item 'Let It Grow' on Wednesday 9th of May, at The Forum at Newcastle University. They then rehearsed well during their lunch breaks preparing for the big performances.

Show week, Week 7, commenced with two all day rehearsals at the Newcastle Entertainment Centre. Students perfected their item and rehearsed well in their beautiful costumes. On Friday 15th and Saturday 16th of June students performed in the matinee and evening shows. They performed brilliantly and had a wonderful time doing so.

Each year Star Struck involves a lot of organisation, however it is always worth while when students get so much enjoyment out of it. Thank you to Miss Dyball for again facility this opportunity for our students. Congratulations dancers from Lake Munmorah High School for representing our school with excellence.

Central Coast Dance Festival

At the end of June and early July three Dance groups from Lake Munmorah High will be performing at Laycock Street Theatre at the Central Coast Dance Festival. This is annual Dance performance which Lake Munmorah High auditions for each year. Dance pieces must fit the Dance Syllabus requirements.

Miss Dyball has worked with the Junior Ensemble, Senior Ensemble and the Year 10 Dance Elective choreographing their dance works and organising costumes for their performances. Students have rehearsed consistently perfecting their dances. This is a wonderful opportunity for students to perform in front of a sold out audience and develop life long skills. Best of luck to our performing dancers.

Photography



College Photo had their last session focusing on the Central Coast 'Exposure' Photographic Prize. These students were given 3 sessions with 2 professional practicing photographers. It has been an incredible experience. Photographs will be chosen from our school and used as paste ups on a building at The Entrance. Chosen works will

be advertised here soon! #smokeandmirrors



Visual Art

Mona Trip

College Visual Arts have been visiting Tasmania to see the contemporary art gallery, MONA. Students also experienced the evening exhibits for DARK MOFO, seeing performing arts, installations and interactive art zones. This cultural experience really helps our college students produce thoughtful and engaging Body of Works for the HSC. What a great excursion with Mrs Young, Mrs Harris and Ms Hudson.

Year 10 Visual Art students have been successfully selected to exhibit sculptural work for 'Sculpture by the Sea' beginning in early term 3. Works created in groups will be exhibited at Gosford Regional Gallery.

Years 9 and 10 Visual Art students are wrapping up their 'About Face' portrait paintings for another year. The exhibition will be held in the school hall early next term. Amazing stand out works have been produced from every class, a few will be selected and used as the exhibition invites.



Sean Lonergan Schools Project



In celebration of Reconciliation week in May and NAIDOC week in July, 20 of our talented and interested students were involved in the Sean Lonergan Schools Project. Cessnock Aboriginal artist Tracey Coombes worked with our students to teach them the technique of dot painting and shared her cultural knowledge. At the exhibition opening, Ebony Kelly and Holly Crosara represented our school and presented a speech about their experience creating the collaborative work. The exhibition will be open to see at Gosford Regional Gallery from 26 May to 15 July 2018.



Language

こんにちは (Konnichi wa!)

What a great semester. Year 7 students have learned their hiragana chart, basic terms and greetings, and have studied two significant festivals. These festivals were the Hina Matsuri (Festival of the Dolls) and Kodomo no hi (Children's Day).

To recognise the Hina Matsuri, we had a guest speaker, Miss Chapman, come and give a presentation and display the school's Japanese doll collection (which is quite significant). The purpose of the festival is to give thanks and express gratitude for young girls in the family. The dolls represent the Heian court (a period in history considered to be the height of Japanese culture). The festival is celebrated on the third of March.

Kodomo no hi is the boy's counter-part. Celebrated on the fifth of May, the festival is an expression for the healthy development of boys that they grow to become strong men. The festival is steeped in Samurai history. To celebrate, the children have made Koi no bori (koi kites), paper kabuto (Samurai helmets) and examined a real Samurai banner, donated to the school by a Samurai who came of age (a real honour).



ENGLISH

The English department would like to welcome and introduce our two newest members of the faculty, Ms. Lisa Welsh and Mr. James Biggs.



Mr. Biggs is a graduate of Macquarie University who completed his professional development at North Lakes High School while working as a full time teacher there. James enjoys studying modern and ancient history in his spare time.

As an English teacher, he is currently working with years 7, 8, 9 and English Studies. Mr. Biggs really enjoys teaching creative writing and analysing texts.

Ms. Lisa Welsh comes to us from Morisset High School where she was the Head Teacher of English/Drama/LOTE/Music and Library.

She got her Bachelor of Arts/Science in Natural History, Cultural and Museum Studies at Macquarie University. Ms. Welsh majored in English with a History minor. She then got a Graduate Diploma in English from the University of New England. She stated that if they didn't charge fees, she would be a perpetual student.

Her favourite part of teaching English is seeing her students engage in learning, but at the moment, she particularly enjoys sharing her favourite songs and film clips with English Studies, as well as learning about her students' favourite music as part of their MiTunes unit of work.

Ms. Welsh loves archaeology, and has participated in several archaeological digs as a volunteer in places like Paramatta and Liverpool in Sydney. She has also travelled to places like Pompeii, Herculaneum in Italy, and Ephesus in Turkey to examine the ruins.

She looks forward to getting to know the students here at Lake Munmorah High School, and to help them work toward achieving their goals. She would like to encourage all students to work at achieving their best within the English classroom.

A big hearty welcome to both Mr. Biggs and Ms. Welsh to the Lake Munmorah High School family.

HSIE

You cannot do Geography out of a textbook and senior students doing the subject have many opportunities to experience real hands-on field work.

On the 22nd May, Stage 6 Geography students went on a field work excursion to Porters Creek Wetland. Many locals do not even know it exists but it is the largest freshwater wetland on the Central Coast. At the centre of the wetland, not far from the school, is a very beautiful pond, covered by water lilies and surrounded by paperbark forests and lush green wetland grasses. The wetland's health is at risk because it is surrounded by motorways, airports; rail lines; factories and ever-growing suburbia. With expert guidance from the wonderful teachers from the Rumbalara Environmental Education Centre, the students were taken through a program that involved testing the water quality of the wetland to see if any pollution was entering the system; identifying and counting a range of water bugs and doing a survey of the vegetation. The positive news is that despite the threats to its health, the wetland was looking remarkably healthy.

Seeing the environment with their own eyes and being able to relate what they learn in class to their local area should help these students when it comes to the HSC examination in October.



SCIENCE

HSC Booster Day – University of New England

Our annual Booster Day in Armidale was a huge success!

In June, HSC Science students were invited to attend the University of New England in Armidale to attend a day designed to assist them in their studies. During this event, students were exposed to University life by 'living' on campus among university students; with a timetable and access to a wide range of highly engaging study sessions. Most significant were the practical sessions in the science and PE labs. Chemistry students were able to see equipment that is not available to them in our school, and some students were given a campus tour and information on applying for scholarships at UNE.

Despite the cold, we all had a good time, this is the 5th year LMHS has attended these days, and we would like to thank UNE for providing us with the free accommodation, meals and exciting activities. A big thank you to Mr Court, and Dr Crosdale for giving up their Sunday and evenings with their families, so they could join me on taking our students to this valuable event.



Mrs S.Martin

How different will our world be in 10 or 15 or 20 years? Will you be prepared?

LMHS dominate University of Newcastle's 'Build Me a Future' Day!

This May, selected Year 8 students participated in an event hosted by UoN, proudly sponsored by the ME Program, BAE systems and Regional Development Australia. This day engaged students in hands-on, fun activities that

built on the skills in STEM they are learning at school.

During the day, students competed in a variety of small groups to help foster teamwork skills aiming to solve real life problems. Imagine creating a 'MarsBuggy' with a rubber band suspension system to successfully carry cargo across an uneven surface. Or how to design and construct a 'MiniPult' with only chopsticks, rubber bands and tape. Competing against students from four other schools, our LMHS teams were ultimately named Event Champions for the day.

The team were full of confidence and I know all the teachers involved were impressed with their inspirational problem solving. We know this event will inspire our students to pursue a career iSTEM.

Mrs S.Martin



TECH

Hospitality

The hospitality class continues to show their skills in catering for numerous school events and regularly participating in the Coffee Shop. A nervous week leading up to the external assessment occurred but the class managed to impress the assessor with how well they work as a team and the fact they are running a Café every week. The skills being displayed are life-long skills and show the true talents of each class member.

As a class we would like to thank the staff for always supporting the Coffee Shop Café and the positive feedback we receive.



Year 9 Food Technology

A Fun Day at The Royal Easter Show

As a class we ventured to the Royal Easter Show to look at the exhibits and to taste test a range of foods. We made the most of the day enjoying 2for1 rides and even I enjoyed a few with the class. Then we tackled the show bag pavilion and managed to purchase one or 2. We enjoyed some of the events and then journeyed home on the train. An enjoyable day!

Celebrating a Special Occasion!

Year 9 on a task to plan and prepare a Mother’s Day High Tea.

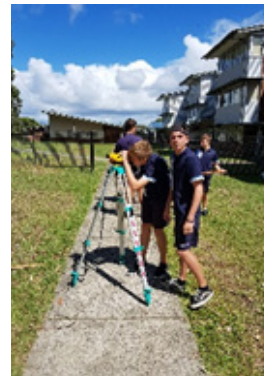
The class worked on designing invitations and creating a menu for the event. They were studying the Social Value of Food and how food is used for celebrations.

The class was supported by the Hospitality class to ensure that their Mother’s and Grand Mother’s had an enjoyable start to the Mother’s Day weekend.

Congratulations on a successful event!



Year 9 Industrial Technology (Building and Construction)



So far this semester, our Year 9 Boys’ have been working hard on a variety of school-based projects. In particular the successful refurbishment of a number of timber picnic tables, which had been damaged, as well as the design and construction of a retaining wall around the playground area of the Support Unit.

After the repairs were complet-



ed, the tables were reinstalled into the playground for student use.

The wet conditions experienced this term have failed to dampen the eagerness and determination of the group in regards to the retaining wall and we plan on completing this project before Term 2 finishes. The boys have been acquiring a new and improved skill set whilst learning to work collaboratively in team situations.

A number of new projects plus and individual project are planned for the remainder of the year and in an exciting development, Lake Munmorah P.S. may also utilise our team on a couple of projects as well!

Watch this space!

Year 9 Industrial Technology (Timber)

We again this year have two year 9 Industrial Technology (Timber) classes, a 9X and 9Y on the separate time table lines. Both of these classes are performing well as we pass the half way mark of the school year. All students have been very busy on their 2nd practical assessment task, manufacturing the “folding chair”, which for this year is their major project.

At the start of this project students completed the planning stage of the chair where they have analysed the construction of each component and then drawn a plan view of each part of the folding chair. The next stage was to produce a material list from an isometric and orthographic drawing, as well as putting together a planned step by step construction sequence.



This practical experience for many of our students is the first time they have encountered real world industrial policies, procedures and practices involving the use of materials, power tools and machinery.

Before entering the workshop, students and teacher discussed any WH&S issues and checks for identifying potential hazards in the workshop. Also on the discussion agenda were the use of personal protective equipment (PPE) and the reinforcement of the correct and safe use of tools, machines and equipment. Ending this discussion with the topic of the importance of accuracy in the marking out, cutting and assembly of project components to achieve a sound and solid end result of their finished product.

Once entering the workshop students were engaged in the selection of their timber, marking out, and also cutting and shaping of the chair components.



The students have also been enjoying showing off their new found skills in the operation of using templates and routers to manufacture rebate and housing joints, to

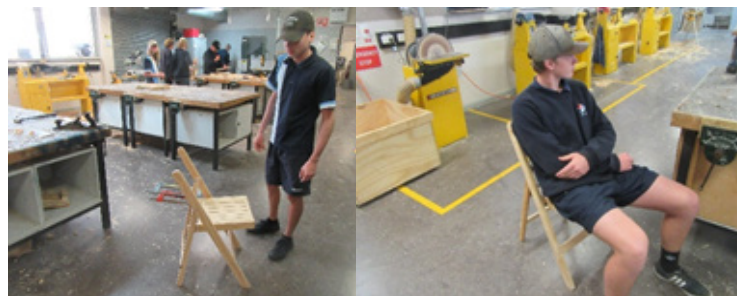
give the seat frame added strength.

Our students are busy in class demonstrating their practical skills and subject knowledge. They are checking their seat frame for squareness, by the use of diagonal measurements and a try square. They are using working rods, templates and jigs; for the marking out and shaping of the chair components, the laminating of the backrest, the cutting of the mild steel round bar for the folding chairs to swivel and the routing of slots in the back legs for the fitting of the round bar allowing the chair to fold.

In the assembly of the seat the students learn about opposite hand, meaning a left hand glove will not fit your right hand, therefore the needs to make a right and left hand side of the chair before applying assembly techniques is required. They also practice clamping, gluing and the use of nails and screws. Manual use of machine and hand sanding techniques are used, before applying clear lacquers to the timber surface of the seat frame.



Most of the year 9 students are now starting to assemble all the folding chair components to bring together the completion of the chair to where it is a fully functioning and a working unit.



The next process will be the surface preparation to the fully assembled folding chair and the applying of a finish to their project for student assessment and marking. This will take place within the next 2 weeks. Students are keen to take their project home to show their parents and carers the skills and hard work they have applied to their studies in this subject.

Mandatory Technology

This semester students in Technology have been working on a textile project and folio that represents innovation in fabric manipulation and design as well as documenting the design journey through a folio. Students produced a tie dye cushion that was unique and individualised.

Students have also been learning skills in the kitchen producing quality food items, working cooperatively in a team and designing a café or eatery that illustrates the creative ideas of the students.

Ms Stephens

Year 10 Food Technology

Year 10 Food Technology have started on a Masterchef unit where they will be honing their skills they have built over the past 18 months to prepare and serve culinary delights, work under pressure and create innovative dishes that are a taste sensation. Challenges include the mystery box challenge, people's choice and a cook off that will be judged by our finest chefs here at Lake Munmorah High School.

Ms Stephens

Exploring Early Childhood



Exploring Early Childhood have been working hard this semester and have all successfully completed the first training phase of the virtual baby. Students will soon be taking the baby home to learning about the complexities of looking

after a newborn for 24 hours. Students designed and manufactured a small toy that would be suitable for young children as well as working on a nutrition module preparing food for toddlers and young children as well as making a children's book.

Ms Stephens

SUPPORT UNIT

Boccia Tournament

Earlier on this term, several of our talented students competed in the Boccia tournament at Newcastle High. Boccia is a precision ball sport, similar to bocce, and related to bowls. The aim of the game is to move (through throwing, kicking or rolling) leather balls — coloured red or blue as close as they can to a white target ball, or jack. Classes trained for over a term learning the rules and developing their skills. Our students completed in four rounds, winning three games and sadly were defeated in the grand final. We could not have been prouder of their achievements and the sportsmanship shown on the day. We all look forward to competing again next year.



Ms Emily Hurst and Mr Daniel McDonald

Special Olympics 2018

Written by Chloe Powick

At the beginning of the last school holidays Chloe Powick from our MC1 class in the Support Unit flew to Adelaide on a plane to represent NSW in the Special Olympics. There were 7 competitors in her group and she stayed at a Camp in cabins while she was there.

Chloe came 3rd in the 100m running race and she received a bronze medal which made both herself and her family very proud. She also participated in long jump and javelin throwing.

Chloe was very excited that she met lots of people and made new friends when she wasn't participating she cheered them on in their events. She wore a NSW uniform which had a jacket, top and pants. There was even an opening ceremony just like the one on television and she was walking around smiling and waving.



Henny Penny Egg Hatchery

Written by Mackayla Hamilton

When we came back from the last school holidays we were surprised to see some chickens and an incubator full of eggs in our classroom. We got them so we could learn about the life cycle of chickens. Each day in the first week about 3 new chickens hatched in the incubator.



The eggs were all stamped in different colours so we knew which ones would hatch next. Did you know black chickens come from the whitest eggs! Funny hey we had to leave the chickens in the incubator for 24 hours once they have been in there long enough their feathers have dried and are fluffy. We open the incubator and place them in the enclosure. Once they joined the other chicks they would run around and eat the pellets. By the end of week one we had 16 chicks 4 black and 12 yellow. They began to eat and drink a lot more, so we had to check their food twice a day. Every day we look them out to play and run around in our classroom at the end of the two weeks people were able to adopt the chickens only. Tom's family took 6 home with his favourite Henny penny she was a black one. Mrs Wills took 4 home and gave them funny names black beauty + foghorn leg horn.



SPORT NEWS

Eastlakes Zone X-country

Well done to all students who attended the Zone Cross Country at Tunkawallin Oval on Friday 11th May. The students braved bitterly cold and windy conditions and all did a great job to get through the tough 3.8km bush course (7.5km for 16+ boys). Lake Munmorah was well represented, competing against students from Belmont, Swansea, Warners Bay and Whitebridge.

Congratulations to the following students who qualified to compete at the Hunter Regional Cross Country Championships at Cessnock on Friday 1st June:

Jessica Dennis, Mini Lasionyte, Tara Hottes, Bree-Ann Munro, Jessica Rogers, Holly Crosara, Isobel Burton, Ebony Kelly, Chloe Williams, Cooper Tippet, Billy Smidt, Hayden Morgan, Connor Watson, Oitis Millard Jorda, Tyler Lowe, Olli Williams, Dylan Murphy, Milos Millard Jorda, Joshua Dowse, Floyd Blackburn, Clayton Black, Harry Adams, James Barnes and Bill Millard Jorda.

Age Champions

LMHS Age Champions Swimming Carnival 2018

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)

LMHS Age Champions Cross Country Carnival 2018

U/12's: Tamika Mackay (G), Cooper Tippett (B)

U/13's: Brielle Harris (G), Harry McPeak (B)

U/14's: Lilly Booth (G), Tyler Lowe (B)

U/15's: Bree-Ann Munro (G), Joshua Woods (B)

U/16's: Chloe Daniel (G), Dylan Murphy (B)

U/17's: Eryn Dorman (G), Bill Millard (B)

LMHS Age Champions Athletics Carnival 2018

U/12's: Faith Weir (G), Coby Thomas (B)

U/13's: Amelia MacAlpine (G), Harry McPeak (B)

U/14's: Eliza Wetherall (G), Dylan Graham (B)

U/15's: Abygale Carr (G), Daniel Bull (B)

U/16's: Chloe Daniel (G), Brad Bull (B)

U/17's: Eryn Dorman (G), Clayton Black (B)

Miss. L. Bourke and Mr. A. Bolte

SCHOOL NEWS

Future Focused Learning at LMHS is about preparing our future generations for a rapidly changing world.

Careers are changing, employers expectations are changing. This is why our teachers are in the process of altering their curriculum to incorporate future focused, 21st century skills. We want our students to be able to be the best collaborators, the best communicators and to use their critical thinking skills to create a world that is future proof. Our teaching and learning staff have been highly active in professional learning to develop their skills in using group based project work in their faculty programs. I look forward to seeing dynamic, student centred lessons across all subject areas in the near future.

We can't wait to witness our students develop key skills to assist them prepare for a swiftly evolving world.



Mrs S. Martin

(Head Teacher Instructional Leader and Innovation)

School Colour Run

During the School Cross Country in March, Staff and students took part in a vibrant and exciting Colour Run. This was a fantastic event and all students were well behaved and keen to join in. Miss. Speer would like to thank all the teachers and Senior SRC members who helped out on the day and made it an unforgettable event!



Miss. A. Speer

Luke Kennedy Visit

Our Visit from Luke Kennedy on the 7th of June, 2018 was a great success. Luke spoke with all 7-10 students and the feedback from both students and staff has been overwhelmingly positive. Luke spoke openly and honestly about his life, growing up with a brother that bullied him and how self-destructive his life became, as he tried to live up to the expectations and labels he and others had placed on him. Through conversations and feedback from the students, it is obvious how much they appreciated the raw honesty of his story. Students have been able to identify how they too wear a mask, how they have changed themselves to fit in and some could relate to his experiences of anxiety and bullying. Most students found Luke's presentation to be extremely interesting and inspirational. Students have even started thinking about how far from their true self they have already become and are now contemplating how they can identify their true self again, remove their masks and be who they are meant to be.



Some students took the opportunity to catch up with Luke after the presentation and asked him some questions. Luke spent time with individuals and groups answering their questions and listening to their stories, worries, thoughts, ideas and hopes. Some of the quotes from students have include: "really inspirational" "stories were insane – definitely not taking drugs" "really brave" "Stories were interesting and inspiring" "he could always think of a way to make a situation better".

Luke's visit was a fantastic opportunity and experience for all of us here at LMHS and it was a pleasure to not

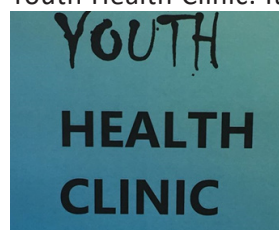
only see the students enjoying Luke's presentation, but also witness their display of respect for him as a guest to our school, for his life story and experiences and him personally.



Ms Sommerville

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



headspace is here to help

headspace is a free or low-cost youth mental health service for 12–25 year olds.

headspace provides information and support to young people and their family and friends in four key areas:

- mental health
- physical and sexual health
- work, school and study
- alcohol and other drugs.



Mental health issues affect 1 in 4 young people. It can be hard to know if a young person needs help with their mental health, but there are some warning signs that might suggest they are having problems, such as:

- avoiding activities that they would normally enjoy
- changing their appetite or sleeping patterns
- becoming easily irritated or angry
- seeming unusually stressed, worried or sad for no reason
- having difficulties with concentration or motivation
- having negative, distressing or unusual thoughts
- finding their performance at school, TAFE, university or work is not as good as it was or should be
- involving themselves in risky behaviour that they would usually avoid, such as taking drugs or drinking too much alcohol.

The right support can help get a young person back on track at school, work and in their personal and family relationships.

For information and support:

Go to headspace.org.au.



For online and telephone counselling:

Go to ehheadspace.org.au or call **1800 650 890**.



To talk to a headspace worker about a young person:



Contact your local **headspace** centre. There are **headspace** centres all over Australia. Go to headspace.org.au to locate your nearest centre.

If you need to speak to someone in your language, call the Translating and Interpreting Service (TIS National) on **131 450** and say the language you need.

headspace respects a young person's right to privacy but if we think the safety of a young person or someone else is at risk we will share this information with appropriate support people. For more information please speak to a **headspace** worker.

headspace is not an emergency service

If you or a young person need immediate support or medical assistance contact:

- Emergency Services: 000
- Lifeline: 13 11 14
- Kids Helpline: 1800 55 1800

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health



Education

Anti-bullying

Parents and carers Online bullying fact sheet



What is online bullying?

Online bullying – or cyber-bullying – is engaging in bullying behaviour using technology such as the internet or mobile devices. Online bullying is different from other forms of bullying several ways:

- It is more likely to happen outside school.
- Material can be shared quickly and long after the first incident.
- It can happen anytime, day or night.
- It is more difficult to defend yourself or get away.

What does online bullying look like?

Online bullying may include sending abusive messages, posting hurtful or threatening material on social media, imitating or excluding others online and making inappropriate comments on posts or pictures.

How do I know if my child is being bullied online?

The following behaviours may indicate your child is upset by something happening online:

- being hesitant about going online
- seeming nervous when an instant message, text message or email appears
- being visibly distressed after using a computer or mobile device
- suddenly avoiding the internet
- closing a laptop or hiding a mobile device when others enter the room.

How can I keep my child safe online?

Be aware of the age restrictions for the sites and applications your child wants to use, and remind them not to share their passwords or personal information with others.

Talk with them about how they use the internet and mobile devices and understand the privacy settings. Make sure they know they can tell you or another trusted adult if they are being bullied online.

What can I do if my child is bullied online?

There are lots of things you can help your child to do if they are being bullied online:

- remind your child not to respond or retaliate
- keep a record of any incidents of online bullying for example take screenshots
- block or delete the user who is bullying
- remind your child to change their privacy settings
- contact the service provider – they can help to block messages and calls
- report the bullying.

How to report online bullying?

Keep records or screenshots of calls or messages that are offensive or hurtful.

If the bullying is related to school, contact the principal to report what has happened and work together to resolve the issue.

Call the police if your child is physically threatened, and report serious online bullying behaviour to the Office of the eSafety Commissioner.

Useful websites:

<https://antibullying.nsw.gov.au>

www.esafety.gov.au

www.bullyingnoway.com.au

www.kidshelpline.com.au