Along with Cronulla High School, Port Hacking has been awarded a National Australia Bank grant to design vocational courses for year 9 students. We trialled a series of work place visits and TAFE taster courses two years ago with great success for the students involved and this funding will enable both schools to introduce workplace learning for a number of our students.

The last School Certificate exams were held this week, and the HSC finishes this Friday. This year's HSC exams were seen by our students as quite fair, and it was clear that the Board of Studies has tried to set questions that prevent students regurgitating prepared answers, particularly in English. We expect students to be well prepared, as any aspect of the course can be tested, but some get the idea that memorising their best essays will work in an exam. That strategy is not only risky, it imposes more a burden on students’ memories than a deep knowledge of the content does. We look forward to some great results in December.

For Year 10 2012, faculties are now planning their teaching programs right through to the end of the year. And yes, there will still be a Year 10 formal.

Year 10 this year are reminded that the department of Education has set 16 December as the last day for all students. Any long term absence form now will require a formal exemption from school. Please consult me or Ms Van Dulst.

We farewelled Mrs Smith, our PDHPE Head Teacher last week, who retired after 16 years at Port Hacking. I thanked her for her dedication to her faculty and the school- Mrs Smith made enormous contributions to timetabling and technology, and the weights room under A block was largely her project. Mrs Turner was successful in a merit selection process to choose the new Head Teacher and she takes up that post immediately. I congratulate her on her promotion and look forward to working with her as Head Teacher PDHPE.

Greg McGrath
Principal

Welcome to our November Deeban.

Good luck to all Year 10 & 12 students who are finishing off their exams.
Thank you to all those of you who participated in our spring raffle, It was very successful.

Monday 14 November is our final P & C Meeting for 2011, commencing at 7:30pm in the School Library.
As this is our final meeting for the year, we will conclude the meeting with pre Christmas drinks and nibbles.
Yes Christmas is only 46 days away. All parents are welcome to attend.

On behalf of the P & C we could like to wish you all a great Christmas and New Year, plus a safe holiday.
See you all again in 2012.

Kind Regards
Ann Corey - Hewitt
President P& C.

Next P & C Meeting
Monday 14 November 2011
at 7:30pm
in the Library

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PHHS P & C ASSOCIATION

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<thead>
<tr>
<th>POSITION</th>
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<tr>
<td>PRESIDENT</td>
<td>MRS ANN COREY-HEWITT</td>
<td>9542 3891</td>
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<td>VICE PRESIDENT</td>
<td>MR LEWIS BONE</td>
<td>9528 7195</td>
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<td>DR GORDON BROWN</td>
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<td>SECRETARY</td>
<td>MRS JENNINE FREER</td>
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<td>TREASURER</td>
<td>MR BILL LEWIS</td>
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**Fair Beauty**

beauty express

Fair Beauty at Westfield Miranda is owned by a local mum and daughter team. We have been operating for over 14 years. Because we know how expensive everything is, we have reduced prices for high school students.

3/4 leg $19   Full leg $22   Lip $7   Eyebrow $9
AND Spray tans NOW AVAILABLE $25

We also do eyelash tinting, extensions, eyebrow tinting, facials, manicures, pedicures and professional makeup.

**FORMAL SPECIAL**

Spray Tan and Makeup $60

All treatments are done by fully qualified beauty therapists.

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**Important Dates**

**November**

14  7.30pm P&C Meeting @ Library
16  7pm PORTXL Variety Night
22  ESSA Test (Yr8)
23  7.30pm Singers Night
30  Movember Mufti Day

**December**

5   Yr7 2012 Orientation Day
    6pm Yr10 Formal @ Dolton House
8   7pm Yr8 Performing Arts Night
9   10am Yr10 Graduation Assembly
12  10am Sport Presentation Assembly
14  12pm Presentation Day
16  Last day for Students

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As a mother of two Dr. Hadi believes in a “friendly, caring & gentle environment”

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- white fillings & white crowns
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- sedation, ‘happy gas’ & general anaesthesia available
- emergencies and new patients welcome
- ground level, parking at front
- our patients enjoy DVD entertainment whilst being treated

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**All Australian Owned Family Company**

Our school receives a 5% rebate on all uniform sales.

MENTION OUR SCHOOL WHEN MAKING YOUR UNIFORM PURCHASES AT

LOWES AUSTRALIA
Technology updates

The DET has provided a website, for parents, to help with your child's homework, understanding technology, their wellbeing and other growing needs.


Student laptops

The Department has confirmed that Year 9 students in 2012 will be receiving laptops and it is expected that Year 9 students in 2013 will also receive them. For details/specifications of the 2012 laptops please visit our School Moodle website http://web1.porthackinh.h.schools.nsw.edu.au/

UserId: parent  Pword: parent

Student Area >  Laptops’N’Suff  OR

Lynn Harvey  Computer Co-ordinator

Building Self Esteem

Struggling with self doubt or feelings of inadequacy? Explore strategies to help manage these negative feelings and learn how to develop a healthy self-image. Run by a trained professional, this seminar will provide helpful information, time to ask questions, and the chance to chat over a cuppa 7:30-9:30pm, Tuesday 8 November at St John's Sutherland Hall. Aimed at adults and adolescents 16 years and over.

Details: Sue 9521 4314 or admin@stjohns.org.au

Be Bully-Proof and Cyber-Smart

This seminar is aimed at helping parents equip their children to overcome bullying and cyber-bullying. Hosted by St John's Sutherland, 7:30pm Tuesday 15 November.

Details: Sue 9521 4314 or admin@stjohns.org.au

Dyslexia Support Group

Do you have a child with Dyslexia?

Do you want to meet other families who are in a similar situation?

The Dyslexia Support Group for the Sutherland Shire and St George area is a forum where parents can talk, exchange ideas, information, resources and experiences with other parents. This support group keeps in contact via email, phone and meeting over coffee on the 4th Monday of the month at 10.30am at a café in Sutherland.

If you are interested as a parent or as professional in attending the meetings or going on the email list please call Paula Goulden on 9528 4638 or email psgoulden@tpg.com.au
Vampire Shield up to 50 donations for 2011/12!

On Tuesday 25 October 31 students rolled up their sleeves for a good cause at the Kiora Road Blood Bank. Students are able to donate if they are over 16 and many students in year 10 took up the opportunity to donate for the first time. Although a little nervous to start with, the students quickly relaxed under the professional and friendly care of the staff at the Blood Bank. Best of all, they happily accepted a drink and snack from the volunteers after donating.

Blood donation is one of the most generous acts that an individual can perform and we encourage students to get involved during our blood drives. Students experience how easy it is to provide this valuable community service and learn that while one in three people will need blood in their lifetime, only one in 30 donates. Each of the donations from Port Hacking is recorded by Blood Bank volunteers and goes towards our tally on the Vampire Shield. Last year we achieved 106 donations but want to do better this year. Parents and staff are also encouraged to donate blood and if you mention our school, it counts towards our total. To make an appointment call 13 14 95 and don’t forget to mention Port Hacking when you give!

S Stock
**MOVEMBER**

The new PHHS prefect team has decided to support ‘Movember’ as their first fund raiser.

This month long event will involve male teachers and students growing moustaches to raise awareness by prompting private and public conversation around the often ignored issue of men’s health. All money raised will go towards the Prostate Cancer Foundation of Australia and the Movember Foundation.

If you would like to participate in Movember, please to go [www.movember.com.au](http://www.movember.com.au) and register in our “Team Mo’Grath PHHS” and ...STOP SHAVING! If you would like to make a donation to support the boys involved please also log on to this website under the team name and make a donation.

The SRC will be holding a fund raiser on the last day of the month to make sure everyone can show their support for this great cause.

Between now and the 30th of November, it is your job to watch the teachers and students involved in Movember and keep track of their moustaches... because at the end of the month, there will be a vote to see who will be crowned the PHHS best Movember Mo!!
At the NSWCHS Athletics Championships many students from our school competed in individual events and as part of a relay team. Outstanding results were gained by Vincent Donnadieu. He gained 1st place in the 17 years + 1500m and 2nd place in the 3000m events.

The girls 16 years relay team consisting of Olivia Brooks, Stephanie Hartmeier, Michelle Banning and replacement runner Rachel Brown just missed out on qualifying for the finals by 0.07 of a second.

The boys 17 years relay team consisting of Will Roberts, Dylan Stankovic, Dean Johnson and Duncan Watt went into the finals with a determined attitude to run as fast as possible. The boys displayed outstanding ability to gain the silver medal behind a selective sports high school. In addition Dean Johnson competed in a combined Sydney East Region relay team in the 4x400m relay which also gained a bronze medal and he gained 4th place in the 400m hurdles event. Aaron Hawley of Year 7 came 4th in the 12 years hurdles and Duncan Watt came 2nd in the 16yrs hurdles and Jacob De La Vega of Year 7 gained 3rd place in the 12 years shot put.

**Year 12 Achievements**

Many students were awarded sports merits, gold, silver and bronze awards and representative sports certificates at the final Year 12 assembly for their achievements, dedication and commitment to sport.

The most prestigious awards were given to Year 12 students who have demonstrated outstanding commitment, skills and leadership in their respective sports.

- **Sportswoman of the Year** Kirsty Mills
- **Sportsman of the Year** Aaron Royall
- **Most Outstanding Sporting Achievement of the Year** Jordan West

**Sydney East U13 & U15’s Netball Championships**

Port Hacking High School had two teams participate in the above championships on Wednesday 9 November. It was a great day and we were proud of all the girls who performed above and beyond in the extreme conditions on the day.

The U13 team consisted of: Bailey McCool, Kate Fitzgerald, Katherine Androulis, Olivia Ludington, Samantha Morris, Sarah Diener, Taylor McAuliffe, Teata Moana, Victoria Marriott and Madeleine Ethell.

These girls amazed everybody on the day with their skills and great teamwork to progress to the grand final, where they met a much more experienced team with a number of representative players. The game was a draw at full time and after 5 minutes of extra time we unfortunately were defeated by only 2 goals. Our team will be a force to be reckoned with in future competitions. ‘What a wonderful bunch of young ladies’.

The U15 team played strongly winning two games and losing two very close games. This was an outstanding effort considering the team had a number of experienced players not available. They should be proud of their achievement.

Mrs Northey
AUSTRALIAN MATHEMATICS COMPETITION 2011

On Thursday 4th of August 2011, one hundred and forty two Port Hacking high school students tested their mathematics skills by participating in the 34th annual Australian Mathematics Competition, along with hundreds of thousand of other students from over 40 different countries.

Students from Year 3 to Year 12 compete on the same day, making it the largest single event on the Australian education calendar. Since the competition’s inception in 1978, over 13.5 million students have entered this competition, making it the first and perhaps the largest competition of its kind in the world. It has become a major school mathematics enrichment event and benchmark for mathematical ability throughout the Pacific and South East Asia. The competition tests basic numeracy skills through to advanced problem solving without the use of a calculator.

Our student results are as follows:-

1 HIGH DISTINCTION AWARD
14 DISTINCTION AWARDS
63 CREDIT AWARDS
51 PROFICIENCY AWARDS
13 PARTICIPATION AWARDS

Evan-Leigh Harris in Year 7, achieved the highest result in the school. His result placed him in the 99th percentile in NSW.

Bryan Kong in Year 11 received the Prudence Award for Consistency – he had the highest number of consecutive correct answers.

YEAR 7
HIGH DISTINCTION
Evan-Leigh Harris
DISTINCTION
Calem Wilkie
David Tan
Dante Florez
CREDIT
William Cassimatis
Matthew Donnelly
Taylor McAuliffe
Liam Blackall
Kareena Keargool
Joshua Maile
Braeden Campbell,
Megan Young
Madeleine Ethell
Shekinah Clark
Olivia Ludington
Olivia McGarry
Andrew He
Callum Fisher
Noah Hayward

YEAR 8
DISTINCTION
Emily-Louise Becroft
Nicholas Bennett
Lincoln Davies
CREDIT
Bruce Ho
Andrew Banning
Daniel Condon
Sarah Pederson
Jonathan Rispler
Kevin Xi
Jennifer Wood
Sarah Dalton
Anna Wilkonski
Sophie Iliadis
Jared Agius
Rani Matthews
Isabella Ragonese
Gemma Duff

YEAR 9
DISTINCTION
Melissa Donnelly
CREDIT
Denzel Florez
Jason Wang
Jacob Yousef
Michael Richardson
Garry Lu
Ezgi Arda
Benjamin Clark
Iva Mencevska
Keelie Humphries
Cheston Lee
Chelsea Sharp
Keely Silva

YEAR 10
CREDIT
William Tan
Henry Le
Tanya Danaro
Kelly Wong
Ashley Marino-Shaw
Louise Samios
Priscilla Tran
Joseph Chan
Elina Taranenko
Ervin Bunic

YEAR 11
DISTINCTION
Martin Lee
Maximilian Pentecost
Bryan Kong
Brendan Okey
Matthew Dickson
CREDIT
Tyce Barton
Chuoran Troy Guo
Steven Choi
Joyce Lai
David Gowan
Thomas Lister
Julia Lu
Gabrielle Said
Geoffrey Tai
Alfred Ip

YEAR 12
DISTINCTION
Andrew Donohue
Christopher Waugh
Keiren Coates

These students’ efforts have given tangible credence to our school motto – “Ardentibus nil Ardui” - “To strive is to achieve”. Well done Evan-Leigh and Bryan and congratulations to all the participants this year. Once again Port Hacking students have achieved exceptional results.

Mrs Wilson
HSC
I am very pleased to be able to report, the Library has been heavily used this year by students studying for their HSC. Many students have taken up the offer of coming to the Library to study individually or in small groups to make the best use of their time. In chats with the students, they revealed they found it of great benefit to meet here and review notes, discuss problems and meet with teachers for those last minute questions. I do hope students sitting their HSC in 2012 take note and follow this example of good study habits.
Speaking of good study habits, I would like to remind students that the Library is open until 5 on Monday and Wed. afternoons for Maths club and study. I encourage all students to take this golden opportunity to have maths questions answered by Mrs Carter, I am here to assist with research or writing or you may need to have a place to use computers, books or have quiet study time. The end of the year is approaching quickly but the time you spend now on study will pay in your future endeavours.

Port Hacking Reading Challenge
The Reading Challenge will officially close Sunday Nov. 13. All reading record sheets should be handed in at the Library on Monday 14 Nov. As soon as your reading record sheet is submitted, you may begin your Reading Challenge for 2012.
I am anxious to see if we increase the number of participants this year. The Challenge has been extended to Teachers as well. It will be fun to see who among the teachers has read the largest number of books. A full report on the Reading Challenge will be in the next issue of Deeban.

New Books
To make non-fiction research books more accessible to a number of students at one time, e-books have been purchased to add to the collection. These books will be added to the school library catalogue for easy access from any computer but until they can be added, you can begin using them by going to the URL and using the following username & password.

Account Username: phhs Password: miranda
The e-books are:
A to Z of Ancient Greek and Roman Women, Revised Edition
DNA Evidence and Forensic Science
Fakes and Forgeries
Forensic Science Experiments
Nefertiti
Ramses the Great

Facts on File
You may also like to explore the data base ‘Facts on File’, http://www.fofweb.com, you will use the same user name and password to gain access to this site. This is a specialised collection of resources that may make your research quicker in that the information has already been selected, evaluated and deemed worthy of inclusion for student research. The topics are varied, as listed below, and cover a wide spectrum of subjects studied at PHHS. This is a particularly good site for senior students to begin their research as you will gain an insight into your subject and then be able to more quickly evaluate the validity of other Internet sites. The sites are continually updated so the latest information is available. Students have found these resources very helpful in the past.

World Geography and Culture Online
A global approach to facilitate the study of countries, places, peoples, and geography concepts and skills
American History Online
Spans more than 500 years of political, military, social, and cultural history, highlighting the important people and events of the American experience.
Modern World History Online
Covers the people, places, and events in the broad expanse of history from mid-15th century to the present.
Ancient and Medieval History Online
Explores the pre-modern world with in-depth focus on Egypt, Mesopotamia, Greece, Rome, Africa, Europe, the Americas, and Asia.
Science Online
Presents a broad range of scientific disciplines through extensive definitions, essays, diagrams, biographies, and experiments.
Health Reference Center
Provides clear and comprehensive information on conditions and diseases, health and wellness, mental health, and the human body.
Bloom’s Literary Reference Online
Examines great writers, important works, memorable characters, and influential movements and events in world literature.
Don’t forget to hand in your Reading Challenge record sheet and collect one for 2012!
Happy reading,
Mrs Royal
PHHS at Miranda Branch Rotary Meeting

On Monday 17th October, eight year 10 girls; Chloe Weon, Kelly Wong, Priscilla Tran, Peggy Chung, Jasmine Reader, Alexandra Repetto, Stephanie Huynh and Irene Hsieh, along with Mrs Alleyn, attended the Miranda Branch Rotary meeting, which was held at Doltone House, Sylvania at 6.00pm. We were invited to the meeting to be a part of Mrs Alleyn’s presentation on “Why students should be encouraged to do Science?” and to say a huge THANK YOU for sponsoring us all to attend University for 3 days during the “Science Experience Week”.

We had a delightful dinner whilst the club held their meeting. It was the first time we were involved in such a special event. One Rotary member had just returned from Japan, where she met fellow Rotarian members. We were shown lovely photos of her unforgettable trip to Japan. We were also told about the upcoming events Rotary have in store, including their annual “Christmas raffle” and a “Super Hero” Guinness World Record attempt being held next year. These are all in hope to raise more funds and break some records.

We were witness to a short, but fun game, where members would ‘rat out’ another member about little crimes they have done; like eating a whole chocolate cake. For their ‘crimes’, the criminal would have to pay a gold coin fine.

We were thankful for the wonderful night but above all, we are thankful to have been given such a unique opportunity to experience Science in a University and gain knowledge beyond the classroom. Without their support and encouragement of the Miranda Rotary Club and Mrs Alleyn, we would not have the chance to share such a rare university experience among ourselves at The University of Technology Sydney (UTS in December) and University of Wollongong (UWS in January).
Mr Ang and I were very happy to take such a wonderful group of students from Years 9, 10 and 11 on the recent tour of France with Heathcote and Blakehurst High Schools. We would like to say a **BIG THANK YOU** to all the students who participated. They were an absolute delight to be with and so enthusiastic in their enjoyment of every aspect of the trip.

It was a very busy time for us all with very little down time but there were no complaints from the students who found the experience very much to their expectations.

We visited the Somme and Normandy Regions to visit the areas of the 1st and 2nd World Wars then to the Loire Valley and then a week in Paris. (So many places to remember and so much to see).

I would like to leave it to the comments of some of the students to express their feelings from the trip.

*This trip to France was the best experience we have ever had, it was like nothing we could have ever imagined. We had fantastic opportunities to speak French, especially when we were on the streets and in the shops. The best moments were definitely walking through the catacombs; tunnel after tunnel where the walls were of bones. Parc Asterix and Disneyland were so much fun and made us all feel like little kids again. The favourite of the trip was all the relationships that were made. All the Port Hacking people became closer and everyone mingled with the other schools to make strong friendships. We all shared amazing experiences that are indescribable.*

From Louise and Charlotte Year 10

Luke from Year 9 had a very different perspective.

*My favourite part of the French trip was when we saw all the different soldiers, especially the French Legionnaires. Every time we went to major tourist attractions, we saw guards. I even recognised their insignias and weapons. They used the bull-pup action, standardised FAMA with M203(A) grenade launchers. When I saw the French Legionnaires I was in awe, as they are known worldwide for having one of the toughest selection processes.*

Finally a few memories from the Year 11 students

*Mr Ang took us to all the cemeteries, we visited the museums and the cathedrals and the chateaux, NotreDame, went to the top of the Eiffel Tower, climbed up the stairs of the Arc de Triomphe and visited Versailles, Parc Asterix and Disneyland we shopped on the Champs Elysee*

*We ate ice cream every day and tried snails and went to chocolate shops and ate endless baguettes and crepes.*

**Thank you to teachers and parents from all of us.**
French and History Cultural Tour
September – October Holidays 2012

Following the success of the tour this year we are now proposing our next tour to take place next year. We will again join with Blakehurst and Heathcote High Schools and follow a similar itinerary.
The cost will be approximately $5000 which includes everything except for the students own personal spending money.

If you are interested in knowing more please contact Mr Ang or Mrs Storrar during school hours on 9524 8816

Year 10 Visual Arts

On the 17th October our Year 10 Visual Arts class and Ms Strohfeldt had the pleasure of meeting a famous, ex-Port Hacking student and New York based artist, David Rankin at Hazelhurst Gallery in Gymea.

In order to arrive to our destination 14 students had to endure a walk of what seemed like eternity to the Hazelhurst Gallery. Although it seemed like forever with the addition of complaints of exhaustion, in reality the time it took our class to walk to the gallery was about 15 minutes. Once arriving to our destination, we were amazed at the magnificent art displayed. The Gallery was filled with grand artworks full of vibrancy and brilliance, and we were impressed with the variety of art on display.

After a few minutes of appreciation of what surrounded us, the man of importance finally appeared. David Rankin, who could be thought as a pop star in the art world. He immigrated to Australia with his family in the late 1940's from England. David attended our school when it opened in 1959 when he was in Year 7.David's exhibition "Enniskillen" is the name of the Irish town that was the place where a terrorist attack happened in 1987. David lost an aunt and uncle in this tragedy and although his work is in dark and gloomy colours, there are also symbols of hope. David gave us a talk about his body of work with meaningful explanations behind the construction of his artworks. We were given the chance to ask questions and we couldn’t resist asking David about Port Hacking High and how it was, back in the 60's. After the question time, was the presentation of a small but appreciative gift given by Ms Strohfeldt. David was very appreciative of the Port Hacking mug and 50th anniversary book.

David Rankin has had over 100 exhibitions both in Australia and overseas and it was very poignant for him to have one at Hazelhurst gallery as Gymea is where he grew up.

With the aid of the gallery’s curator, we were given more information about the other paintings displayed. After the whole experience, a souvenir was each given to us, making it a memorable day indeed.

Stephanie Huynh Year 10

Annual School Exhibition
Featuring HSC Yr12 Major Bodies of Work and Junior Artworks
School Library
5 December—9 December
Performing Arts

A Report on the happenings in PHHS Performing Arts Faculty

While our HSC students have been studying hard and completing the written exam component of their HSC exams we have received some very exciting news regarding our performance exams. We have had a number of nominations from examiners for exemplary work displays. An Encore nomination was offered to Edward Tan for his Extension Music program and Callback nominations were offered to Sophie Hill, Ellen Scott and Cherese Forrest for their Dance program. Congratulations to all of these students and we hope that you are successful in securing a place in these prestigious concert programs.

School Spectacular preparations are in their final stages and we have a large number of students involved in rehearsals for the final presentations on 24-26 November. We are also very proud of our Dance teacher Ms Casey Hadfield who has coordinated excursions to these rehearsals (some involving very early mornings as they have travelled to Newcastle) and has been involved in choreographing the tap sequence for the show. We are all looking forward to viewing the final product!!

Our JazzPort students were invited to perform at the Miranda Uniting Church Fete on Saturday 22 October. These students presented a half hour set of Jazz music that was thoroughly enjoyed by the audience at the fete. Thank you to the conductor of the ensemble Mr Adrian Lim-Klumpes the students in the ensemble; Renee King Yr12 on bass, Garrett Barker Yr9 on drums, Zac Olsen Yr8 on Alto Saxophone, Troy Guo Yr11 on piano and our newest member of JazzPort Daniel Condon Yr8 on Guitar. It was wonderful to see so many Port Hacking parents in the audience and our dedicated grounds man Dave also was present supporting our students during his lunch break.

Two of our dedicated year 10 Drama students, Sharny Mullally and Marlee Silva, are auditioning for the Performing Arts Unit Senior Drama ensemble on Tuesday 15 November. We are proud of their dedication and initiative. “Break a leg” girls!

Our selective vocal ensemble the Little Black Dresses (LBD’s) have been expanded and have been rehearsing hard on a Wednesday afternoon from 3-5pm. The girls are extremely talented and have achieved a fantastic blend in a very short space of time. They have been invited to perform at a Christmas Luncheon for the committee of ladies who raise funds for the Sydney Opera House. This is a great honor and we are all looking forward (if somewhat nervously) to this opportunity.

As the year draws to a close we have three final performance evenings remaining to take us through to the holidays. Our PortXL night is the first of these evenings which involves all Port Hacking Ensembles and is an opportunity to recognise and reward the dedication of these students to extra curricular music programs offered at our school. Other important dates for your diary are listed below.

Important Dates for your Diary

**Wednesday 16 November – PORTXL Awards Night and Variety Night**

**Wednesday 23 November – Singers Night**

**Thursday 8 December – Yr8 Performing Arts Night**
YEARS 6 TRANSITION PROGRAM

The PHHS Transition program for Year 7 2012 students has now begun. Year 6 students from our local Primary Schools have started a 6 week program where they experience High school lessons in History, Music, Science, English, Geography, Home Economics, Dance and PD/H/PE.

Yr 7 Year Advisor for 2012, Ms Buchanan, being ‘mummified’ by Yr 6 Transition History students.

Where has Ms Buchanan gone?

What took the Egyptians 70 days to complete, Historians from Yr6 transition are able to achieve in one lesson.

ALL SMILES! Students of Mr Alleyn’s History transition program pose for a group shot.
Surviving Exam Stress

You may have heard the saying that “parents are only as happy as their least happiest child”. If this is indeed the case, then exam time is a time of significant stress and challenges for both parents and their children. The key to survival during this time, is therefore in parents supporting their child/ren to manage their stress and in managing the contagious effects of this stress on the rest of the family system.

This information sheet is designed to give parents some survival tips and strategies for supporting children and young people during exam time.

- Maintain perspective: Success in exams is wonderful and can lead to further success and confidence in children and young people. At the same time, success in exams, at the expense of a young person’s mental health or their relationship with their parents may not be worthwhile.

- Tune into what your child wants to achieve. This may be completely different to the goals that you hold for your adolescent.

- Help your child to think about goal setting – knowing what goals they want to achieve is an important first step in planning for the future. Then they can research what is needed to reach their goals.

- Support your child to find a level of balance in their life of study, socialising, and recreation that is appropriate to the goals that they wish to achieve.

- Notice and praise your child’s efforts at developing and maintaining a study plan. If necessary and appropriate, help them to develop the plan, manage their time and to avoid other distractions e.g. accessing social networking sites, phone-calls etc.

- Ensure that child has an appropriate environment for study. They should have a dedicated, quiet space that is comfortable, has adequate lighting and is free of clutter.

- Provide emotional support: Acknowledge the challenges and perseverance it takes to stay focused on studying. Be there for them, be supportive and encouraging. Praise them for all of their achievements.

- Be supportive by giving your child space and leeway as they go through a very stressful time in their life. Try to have realistic expectations about what you can expect of your child in terms of helping around the house and try to avoid nagging them about minor issues.

- If your child feels unprepared and anxious, don’t panic with them or make things worse with “I told you so’s”. Reassure them that they can only do their best and help them to develop and apply relaxation and time-management techniques.

Lastly, and very importantly, prepare yourself for the exam results. This can be a very emotional time for families either in celebration of a great achievement or problem solving after a disappointing result. Either way it is good to allow your child to have the feelings that come with the result. If it is a disappointing one, it is good to name the feelings (eg. disappointment, shame and jealousy) and to help your child manage this intense new feeling and to eventually move on to look at other options that are available as well as what they can learn about themselves in the process. Often just being able to sit with your child’s despair creates closeness and a sense of support. Adults usually want to move away from those feelings and start problem solving too quickly. Of course we know there are a number of ways forward after a disappointing result, but it is important for us to be there with our child through this challenge and give them time to feel, to heal and then move on with problem solving.

If you want to talk about how you are managing parenting a HSC student with one of our professional counsellors, call 1300 1300 52 or visit our website www.parentline.org.au for tips sheets and parenting stories.
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Gumbusters-Bye-Gum Pty Ltd
“Understanding reading difficulty and how to manage it”

Monday 14th November 2011
7.30pm – 9.00pm

Our Presenter is
Dr Steve Dawson,
Clinical Psychologist

This common learning difficulty in children has been given titles such as "Reading disorder" and "Dyslexia". The presentation will focus on the nature of reading difficulty, how it can be assessed and helpful interventions.

Venue: The Multi Purpose Centre for the Disabled
123 Flora Street, Sutherland

For further information contact
SSLDG Inc. on 8544 8604
or email ssldsg@learningdifficulties.org.au

A gold coin door donation will assist us with our ongoing support and advocacy.
The Time of Your Life - WEP Student Exchange!

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Early Bird Special

World Education Program Australia (WEP) is offering students in years 9 to 11 a $500 discount off the 2011/12 program fee towards a semester or year program to any of the following countries departing in July - September 2012:

Brazil, Belgium, France, Germany, Italy, Mexico, The Netherlands, Poland, Spain, Norway, Turkey, Thailand or the USA.

“My host family was waiting for me at the airport with big smiles and open arms. All that worrying for nothing! They are the sweetest people and I feel very lucky to be staying with them.”
~ Chelsea, semester program to Italy

Free Graduated Licensing Scheme Workshops for Learner Driver Parents in the Sutherland Shire

Young drivers are three times more likely to be involved in casualty crashes. That's why the RTA has introduced a new licensing scheme, with more supervised driving practice for learner drivers.

To help parents in supervising learner drivers, the RTA has set up a FREE 2 hour workshop for parents that offers practical advice on how to help learner drivers become safer drivers.

A FREE RTA parents' workshop will be conducted by David Riches and hosted by Sutherland Shire Council on Wednesday November 16th at Sutherland Shire Council Offices in Eton Street from 7.00 pm – 9.00 pm.

Early bookings are essential, by phoning Council on 9710 0341 now to reserve your place, or email mstuart@ssc.nsw.gov.au
Host Families Needed

Our school will be hosting a 16yr old Japanese Student in 2012, as part of a reciprocal Exchange Program conducted by AIIU.

We are now in need of families to host for approximately **one term** on a volunteer basis. It is not necessary to have children of the same age as younger students often enjoy and benefit from hosting our Japanese Exchange Students.

AIIU exchange students are expected to pay for all their personal costs and to contribute to family life by assisting with chores and being involved in family routines. Your Japanese student will participate in all aspects of school life just as your own child does. To show appreciation to our volunteer host families, AIIU provides a non-taxable stipend of $140 per week to assist with the basic costs of hosting the student.

Host families are asked to provide a bed and meals and most importantly to accept the student as a member of their family. Students do not require their own room, however they may only share with a same gender host sibling.

This is a reciprocal program therefore families who host for AIIU are also giving an Australian student the opportunity to live and study in Japan for an academic year.

Host families and the student are provided with an AIIU Support Officer for assistance with all aspects of hosting.

If you would like more information or you are able to help. Please contact Jenni on 9533 6193 or 0438 584 803 or phone Helen on 1800 174 407.

AIIU Website: www.aiiu.com.au
THE GLOBAL EXPERIENCE – LIVE IT AT HOME
HOST FAMILY OPPORTUNITIES IN 2012

In January 2012 we will be receiving exchange students from Japan, Europe, the USA and Latin America. Our new arrivals will live with a host family and attend a local school for 2-10 months. As we plan for their arrival, we are keen to hear from suitable families located in NSW who might be interested to host a student.

Host families come in all shapes and sizes, backgrounds and ages. To this end, we would again be grateful if you would place a notice in your newsletter/bulletin or mention it on your website. You can download the newsletter notice here in Word format, as a JPG-PAGE 1 / JPG-PAGE 2 or in PDF format.

All students have at least basic levels of English, would attend a school in your local area and live the life of a local. Our group of students cover a wide variety of interests and hobbies. If you would like to provide your students, parents or language teachers with further information on our inbound students you can also download some student profiles in PDF Format. This is just a small sample of all the students who will be arriving. Our staff members will be happy to discuss which student might be best suited to a family.

Hosting an exchange student can be a truly rewarding experience. It allows a family to experience a foreign culture first hand, be exposed to a new language and pass on a bit of our own culture. They might even make a friend for life!

"Being the youngest and the only one left at home I was looking forward to having another teenager in the house. While Charlotte helps me with my French I help her with her English lessons and I have taught her many Aussie words and sayings. We both love to shop and shop and shop..." Grace, Host Sister

"Hosting Kirstine has brought our family closer together. We’re doing things we used to do when our kids were little, like boiling the billy, having a BBQ and baking apples up the paddock. She’s helped us remember how to have fun when we’re working and take time out for adventures." Sharon, Host Mum

"It’s been a fantastic experience so far...It’s been great having an older brother for our young kids. Simon has been a fantastic role model...Simon helps around the house a lot. One of the first things he said to us during the first couple of days he was here was what should my chores be? I was delighted to hear him say that." Victoria, Host Mum

Student Exchange Australia New Zealand is a not-for-profit secondary exchange organisation which is registered with education & regulatory authorities in each State and Territory. You can find out more about our organisation by visiting www.studentexchange.org.au.

If you have any questions about hosting an exchange student or would like to view profiles of students arriving from other countries, you can either respond to this email or call our office on 1300 135 331. No obligation.

Thank you in advance for your assistance.

Yours sincerely,

Nick Lorentzen
National Director
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