



NSW Department of Education and Training

**GLOUCESTER HIGH SCHOOL**

**NEWSLETTER**

MERRY CHRISTMAS !!



# PRINCIPAL'S REPORT



Well, it's finally arrived – the end of the year! I would like to take this opportunity to say “Thanks” to all those who have contributed to a successful year in education at Gloucester High School. To my Deputy Principal, Mike King, thanks for your ongoing hard work, dedication and enthusiasm throughout the year. Your ability to manage the myriad of day-to-day organisational aspects of the school while maintaining a clear focus on whole school directions has been greatly appreciated. To my Executive staff, Trudi Edman, Greg Leighton, Terri Patterson, Kevin Costa and Daniel Moar – thanks for your dedication and for the work you do ensuring that good things are happening in our classrooms. To Kevin and Daniel, good luck in your new positions. To Terri, thanks for being a capable, reliable and enthusiastic relieving HT Science. Your work has been great. To all the teaching staff at the school, I wish a restful and regenerating break and I look forward to working with you again in 2012. To the school support staff, ably led by Lyn Harwood, please accept my thanks for your consistent willingness to go above and beyond the scope of your role statements. Your dedication is critical in the complex organisms that schools have become. To our hard working P&C Association members, it has been a great year and I look forward to the development of our partnership into 2012. Finally to the students of Gloucester High School. You have a great opportunity to shine at this school – probably greater than you realise. So my challenge to you is this: when everyone is talking about new year's resolutions, find one thing you want to do at school different from what you've done in the past, and make that a goal for 2012. Write it down somewhere so that you can remind yourself throughout the year.

In conclusion, please take the time to look over the changes to the school timetable for senior students, and remember that there are some minor changes to junior sport as well. I have republished the letter that has already gone home for your perusal.

To everyone, have a great break and we'll see you next year!



# Gloucester High School

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## Modification of School Structures for 2011

Dear Parents / Carers,

The school has undertaken a review of the Stage 6 (Year 11 and 12) structures that have existed at the school over recent years. The review highlighted some concerns from staff and parents, including:

1. Students currently receive 8 periods per cycle face-to-face teaching. This means that most students have a considerable number of study periods, which have not been used effectively by many students;
2. Students who are at TAFE on Fridays currently miss up to 6 periods of face-to-face teaching per week, sometimes in the same subjects.

The proposed restructure means:

Classes will operate for all Years 11 and 12 students on the following basis each week: 6 periods per day, Monday through Thursday, and periods 1, 2 and 3 on Friday. Having met all requirements and indicative hours, students are then able to go home, or avail themselves of school facilities for individual study, assessment task preparation, Extension classes, study group interaction and so on.

**This means that the school day for senior students ends each Friday at 12:00 pm. The school week for junior students (Years 7 to 10) will remain the same as it was in 2011.**

The proposed restructure of Stage 6 will achieve the following:

1. All students will receive 9 periods per fortnight face-to-face teaching (thereby decreasing the number of study periods and increasing face-to-face contact so that it is up to par with other local high schools);
2. TAFE students will only miss one period of each of their subjects on a Friday;
3. Scope exists for individual students or study groups to operate on Friday afternoon;
4. Opportunity exists for Extension classes to run within normal school hours.

In a competitive world, it is critical that our students receive quality face-to-face tuition that is comparable to other schools. This restructure utilises efficiency increases to provide for this, without decreasing the breadth of subject selection across the senior school. It also guards against student "down time" while at school and supports the "we are here to work and learn" philosophy.

To meet the structural requirements of the proposed change, it has been necessary to change the arrangements for Junior Sport. **Year 9 and 10 Sport will be moved from Wednesday periods 5 & 6 to Friday periods 5 & 6. Year 7 and 8 Sport will remain on Wednesday, but will take place during periods 5 and 6.**

Please contact me at school if you have any questions about these changes.

Yours sincerely,

Pat Cavanagh

Principal



## Duke of Blue Mountains – Expedition November 2011

I know it is rather clichéd, but in fact the night was both dark and stormy as the eager little Duke of Ed kiddies from Gloucester High School bundled out of the toasty, dry warmth of the shinily sleek mountains' train into cold mist of the Katoomba night.

Ten little chappies and chappesses, accompanied by the intrepid Mr Tony Kingston were greeted by Mr & Mrs Costa, who chose to live in such dark and stormy climes.

For Luke, Daniel & Boe this was to be their Silver Assessment Expedition, whilst the Gold students (Alex, Beau, Dylan, Ellen, Hannah, Luke, Matt & Rick) were using this expedition as track training for their upcoming Gold Assessment to Tasmania – and it was to prove a challenge for all.

Mr Kingston had often found much mirth in the fact that Duke of Ed expeditions generally attracted significant rain, usually from the warm safety of somewhere else, but now that he was trudging along in torrential rain thinking about pitching his tent shortly there was a distinct lack of amusement. He strode on stoically.

Camping in the flooded campground near Katoomba, the group had a wet and unsettled night and woke to a break in the rain, providing all with time to get tents packed and breakfast taken before heading off down the Furber Steps, deep into the Jamison Valley, where the cloud began to break – providing the group with spectacular views of the dramatic escarpment above, with cascades and waterfalls leaping from normally dry cliff faces.

Leeches were the order of the day with dozens attaching themselves to all trekkers as the sun broke through to a beautiful afternoon which provided the group with great drying conditions and an opportunity to scale the enormous spur of Mount Solitary for grandstand views of the stunningly lush valleys radiating in all directions.





A leisurely afternoon at camp was followed by an early night where most enjoyed a broken sleep due to gale force winds which howled through the forests, however the following morning dawned beautifully with the group heading off early for a trek around the valley and up the steep ascent of the Golden Stairs. The walk back into Katoomba was a leisurely one and all then filled their tummies with Katoomba food before reboarding the train and heading back for distant Gloucester – all tired, but satisfied at having completed another successful expedition into an amazing World Heritage area.

Well done to all and thank you to Mr Kingston for being a part of this great trip.

Kevin Costa



A quick photo with Santa in Katoomba.



Rick and Beau practicing their model poses.





# House on Fire







## Wyatt has gone West!

Wyatt Young of Year 9 was selected to represent NSW with a sport that he is passionate about, Campdrafting.

Wyatt competes regularly in campdrafts across NSW and QLD on his home bred "Cedervale Stud" stockhorses.

The Glowalman Junior Rodeo Committee has been running a Campdraft Exchange with WA for 8 years now with two riders being chosen to represent NSW each year.

This year Wyatt and a fellow competitor from Kempsey, were chosen to go. They were in WA for 3 weeks competing at three different venues with several events at each.

The boys were very successful in all events entered.

Janelle Young





## GOOD LUCK LOGAN

Logan Penfold competed on Troubles at Wingham Junior Campdraft . Logan came 1st in the 8-13 years with a score of 86 points. He also came 1st with a score of 22 points for highest Cut Out !

Logan will be competing at the ABCRA Junior National Finals Rodeo in January 2012 at the Australian Equine Livestock and Event Centre at Tamworth.

We wish you the best of luck!

Stephen Penfold



## SCHOOL CALENDAR—TERM 1 - 2012

Friday	27 January	School Development Day
Monday	30 January	Year 7 and Year 11 Return to school
Tuesday	31 January	Year 8, 9, 10 & 12 Return
Wednesday	8 February	School Swimming Carnival
Thursday	9 February	On Stage—at the Seymour Centre
Thursday	23 February	Year 7 and Year 10 Vaccinations
Friday	3 March	Clean Up Australia Day
Monday - Wednesday	19-21 March	Year 7 – Great Aussie Bush Camp
Thursday	5 April	Excellence Assembly
Friday	6 April	Good Friday

## Congratulations Rick Williams !



Well Done Rick for winning the end of year raffle held for students who have demonstrated exemplary behaviour throughout the school year. Rick is pictured with his prize, a portable DVD player.





## SCHOOL UNIFORM PRICES

### JUNIOR (YEAR 7-10)

Sky blue polo shirt	\$20:00	in stock
Navy shorts	\$15:00	pre-pay order
Navy hooded jacket	\$32	pre-pay order
Spray jacket	\$54:00	in stock
Pattern for skirt	\$3:00	in stock
Navy polo sport shirt	\$20:00	pre-pay order

### SENIOR (YEAR 11-12)

White Senior Polo Shirt	\$23:00	in stock
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### FORMAL

School Tie	\$20:00	in stock
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## SAM WINS TITLES !

Saturday 3 December Macaela Harris competed at the Comboyne Juvenile Campdraft , she was placed 3rd on Ela Glimer.

Last year in April 2010 Samantha Harris won the 13 to under 15years Pony Club Campdraft, Samantha went on to compete this year in April at Gunning and won the 15 to 17 years Draft. This made Samantha the 4th rider in history to win back to back titles over two age groups.

Caitlin Wardrope Samantha Harris, Macaela Harris, Jodie Harris and Chloe Shultz have all qualified for sporting events next year at the NSW State Pony Club Championships at Trangie.

Good Luck Girls!



## SCIENCE EXCURSION

On Monday 12 December 2011, some Year 10 and 11 students ventured to Newcastle University on a Science excursion with Jude, Mr McCarthy, Mrs Green and Mrs Moore.

We began the day with a tour of the anatomy lab. Most of us had expected whole bodies, however they had been dissected and were from different specimens. It was a hands on activity, but some people decided not to touch the body parts that were on display.

The next tour was of the microbiology lab. We got to see pieces of equipment that cost as much as a house. We were shown the equipment that extracts DNA and were given a detailed procedure on how to do so. Next was lunch, we were released and ran straight to Pinky's lolly shop. We ate lunch and headed to the "gargantuan" library that expanded over four floors.

After lunch we went to explore the Engineering labs where we were encouraged to think of becoming Engineers and told of all the benefits of being an Engineer. We also got to see some of the latest robots created by the Engineering Team from the Uni.

Our last stop at the Uni was at The Forum for rockclimbing. Many reached the top of the colossal wall while others decided their day had been big enough and treated themselves to coffee at the café.

Lastly we made our way to Williamtown Airport and were shown around by Marcus and David. We were shown the front of the airport which most of us knew about but we were also told about security and reasons why it's so strict. We saw Airport parking for the planes and a Jet Star A320 in the hanger. We then saw the control room which is where all the security cameras are monitored.

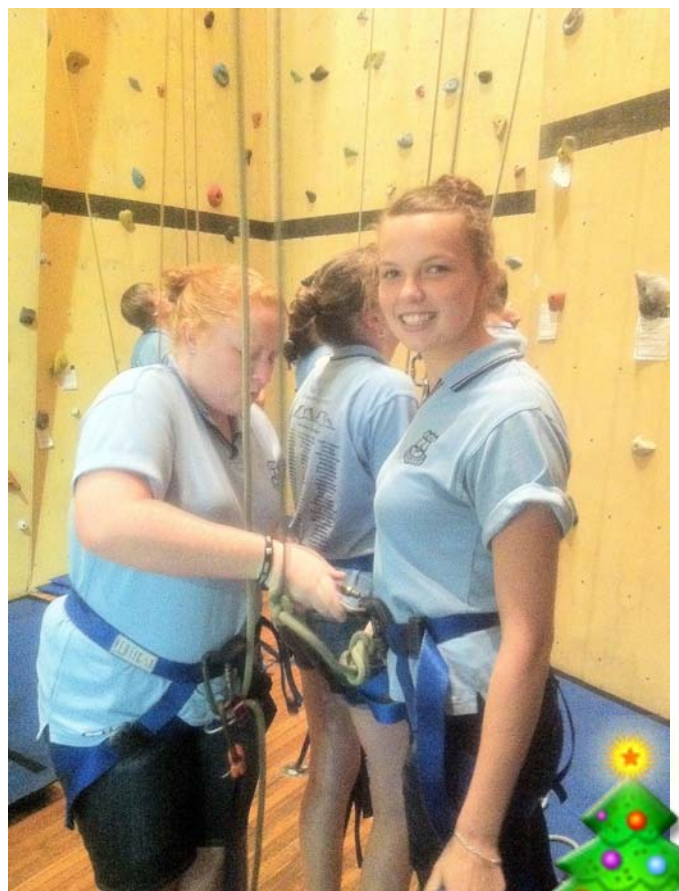
There is no such thing as an excursion without Maccas, so we made a brief stop there on our way home.

We would like to thank Newcastle Uni, Williamtown Airport, Bruce the bus driver, staff at Maccas, Mrs Moore, Mr McCarthy, Mrs Green and a HUGE Thankyou to Jude! Without you the excursion would not have been possible.

Year 10 Girls







## CHAPLAIN'S CHAT

### Christmas Is a Time of Remembering

Recently I saw a wonderful movie, *Two Brothers*. It was the story of two baby tigers born amongst temple ruins deep in an Asian jungle. One was shy and gentle, the other bold and brave. They lived a free and playful life bonding closely with each other until they were captured and separated. Their individual journeys were both heart rending and inspiring, however there came a moment when they were reunited in a most dreadful situation of life and death where it was kill or be killed. They remembered their deep roots, their shared heritage, their brotherhood and the things that bonded them. They remembered their common destiny and helped each other into it.

The way in which they remembered what really mattered reminds me of what we do at Christmas. We remember, often in joy and often in sadness, our family and friends and we take time to renew our personal life and relationships.

Across the world at Christmas literally millions of people remember and celebrate the historical story and the historical presence of a person whose presence on this earth, they believe, heralded a new way for people to live and a new relationship with the Divine. We are a long way from that historical moment and yet the echoes of that moment resonate in us today. We all share a common humanity, a common desire for a better life, a common desire for beauty and goodness and harmony, and a common need for love, acceptance and belonging and peace.

As we celebrate and enjoy the holidays let us all remember our common heritage as human beings, the joys of life, the love of others and the things that we can do to help others to achieve their hopes and dreams.

As I remember the many activities of my first nine months of being a chaplain in Gloucester High School, I remember with warmth and gratitude each student and staff member, each person in the wider community who made my presence and work worthwhile. I wish each and every student, staff member and parent in the Gloucester High School Community the Peace and abundant life that is the promise and the gift of Christmas.

Eulalie O'Keefe

Chaplain







## Coping with Grief at Christmas

Christmas is a time of mixed feelings for those who are missing someone they love. As we gather with family and friends, the absence of a loved one may be felt even more intensely. Whether it's a parent or partner who has left the family or a loved one who has died, you may be left feeling out of step with the jolliness of the tinsel and carols.

It is especially important at this time to take care of yourself and those around you who have also experienced significant loss or change. While some people keep busy to distract themselves, others prefer to withdraw to their memories and reflections; there is no right or wrong way to act or feel.

### It's hard to predict how you'll be feeling, so put some safeguards into place.

- Don't make any big decisions over Christmas time. You will probably be feeling enough stress and distraction, and there is no need to add to it. If possible, wait until the New Year.
- Make plans to be around people who you trust and who understand that you might not be feeling very "jolly". Let them know that you may actually prefer to be alone sometimes, and they should not be offended if this is the case.
- Give yourself some time to think about the person you are missing. Listen to music, look at pictures, cry if you feel you want or need to. This may mean you are less likely to be overwhelmed or caught off guard by Christmas 'triggers'.
- If a family has been split through divorce or separation, Christmas day may become a logistic struggle for children who now have two places to be. Make this easier for them by including them in plans ahead of time and making the transition as smooth as possible, and do your best to avoid competition over time spent with children or size and expense of gifts.

### Here are some things that might help you manage your grief feelings over Christmas.

- Do something to remember the person you are missing...
  - Play their favourite music
  - Go to a place they loved or do something you used to do together
  - Write them a Christmas card
  - Share memories and stories with others who loved them too
  - If children are missing the person too, involve them and find out how they would like to remember their loved one.
- Give yourself permission to do less. People will understand if you do not get the Christmas letter out, if you do not bake cookies for everyone or if you miss a few parties. The most important thing is taking care of yourself and those close to you.
- Accept help. If you feel as though you are not coping well, reach out to people you trust and say yes to offers of support or company.
- Let yourself have fun. If you are feeling happy, go with it – it does not mean that you are forgetting or forsaking the person who is not there.

### New Year

With Christmas comes New Year, a milestone which prompts reflection upon the past and plans for the future. Memories may bring both pain and happiness, while thoughts of the future may bring reminders of lost dreams as well as hope. Be gentle with yourself at this time, too.



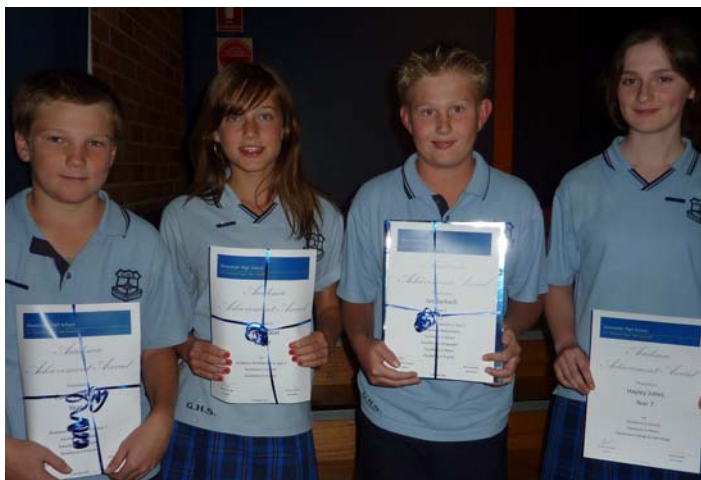
# THANKYOU TO ALL OUR SPONSORS

Gloucester High School staff and students gratefully acknowledge those businesses and individuals, listed below, who have made donations towards Presentation Night 2011.

Australian Defence Force	Gloucester Shire Council
Barrington Trophies	Gloucester Thunderbolts Swimming Ass.
Bowen-Thomas and Barlow	Gloucester Veterinary Surgery
Caltex Australia	GWG Constructions
Commonwealth Bank	Jayem National Education
CWA Day Branch	Lodge Gloucester
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Gloucester Bowling and Recreation Club	Mrs J Nolan
Gloucester Coal	Newcombes Coach Lines
Gloucester Dental Surgery – Mr Hedditch	Perenti Produce
Gloucester District Tennis Association	Quota Club of Gloucester
Gloucester Medical Centre	Rob Moore & Associates
Gloucester High School P & C	Roadies Cafe
Gloucester Soldiers Club	Ruben F Scarf
Gloucester Retravision	Rotary Club of Gloucester
Gloucester Shire Council	Rural Press – Gloucester Advocate
Westpac	Townsend Electrical – Mr & Mrs K Townsend







## HONEYWELL ENGINEERING SUMMER SCHOOL

On Sunday 4 to Friday 9 December 2011, five year 11 students from Gloucester High made their way down to Sydney to attend the Honeywell Engineering Summer School for the week. This group consisted of Beau Hebblewhite, Rick Williams, Matt Wise, Michael Boorer and Alex Bratfield. Over the course of the week an insight into different sections of engineering was explored through numerous universities in Sydney and companies such as Sydney Water and Blue Scope Steel.



The universities gave us opportunities to experience different sections of engineering through different workshops and lectures and it introduced us into the world of studying of Uni.

The works of engineering was thoroughly shown through Sydney Water's, St Mary's water treatment plant and especially Blue Scope Steel in Wollongong. To witness such a huge process and production line of steel at Blue Scope Steel was quite impressive.

All in all the busy week provided a positive look into a career of engineering. We would like to thank Ms Patterson for giving us the opportunity to be involved in HESS 2011 and the Gloucester Rotary Club for sponsoring us.

Alex Bratfield





Hunter Region National Parks presents:



**DISCOVERY**  
WALKS, TALKS AND TOURS

**Copeland Tops**  
**State Conservation Area**  
**'Hidden Treasure'**

Join a Discovery ranger for a tour of the historical Mountain Maid Mine site and the beautiful dry rainforest of Copeland Tops SCA.

**Tuesday 10th January**

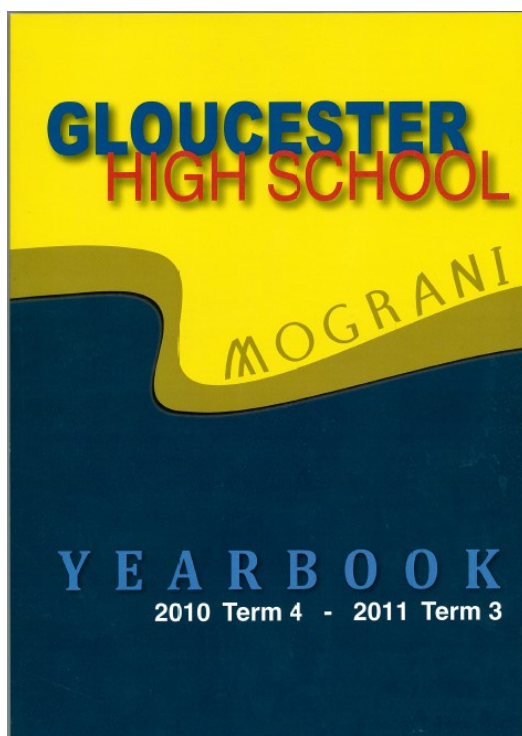
**10am to 12noon**

**\$8 child, \$10 Adult, \$28 Family (2A & 2C)**

**Please call Gloucester VIC for bookings on 65581408**

*.....discover just how much fun the school holidays can be!*

The NPWS is part of the Office of Environment & Heritage



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## Retirement Dinner – Mrs Vicki Coombes



On Friday 9 December a retirement dinner was held at the Gloucester Golf Club in honour of long time staff member Mrs Vicki Coombes. Current and past staff members shared their stories of her illustrious career in the Science faculty of Gloucester High. Many guests travelled a long way to wish Mrs Coombes a happy retirement and to show their appreciation for the work she has done for public education. Mrs Coombes has been on long service leave this year and is now retiring to enjoy a well-deserved life of leisure. We would like to wish her all the best for her future.



### SCHOOL VISION STATEMENT

**Gloucester High School aims to develop a supportive learning environment that engages all students, teachers and community in the pursuit of excellence.**



**Education  
& Training**  
North Coast

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