



NSW Department of Education and Training

GLOUCESTER HIGH SCHOOL**NEWSLETTER**

Jeans for Genes Day 2011

Jeans for Genes Day, the main annual fundraising event for the Children's Medical Research Institute (CMRI) based at Westmead in Sydney, was held on Friday August 5. Mr Ron McCarthy and his Year 12 Biology Genies encouraged all GHS students to wear their favourite jeans to school and make a gold coin donation for the privilege. The Genies also collected generous donations from shoppers and businesses in the main street. Nearly \$1000 was raised to help CMRI scientists investigate conditions such as birth defects, cancer, and epilepsy.



Jeans for Genes Day co-ordinator Mr Ron McCarthy with fellow Genies Walter Scifleet, Paige MacKenzie, Tamara Bailey, Rebekah Hardes, Indigo Rosenblatt, Erin Wilson, Nina Burrows Tam Gam and (front) Natalie Ferris.

PRINCIPAL'S REPORT



As our Year 12 students complete their Trial HSC examinations, it is an opportune time for them to take stock, reflect and regroup for the “final push” through to the real HSC in October. For those students whose preparation has enabled them to gain the marks they were hoping for I offer my heartiest congratulations! You need to celebrate your determination and hard work. For those who are disappointed that their efforts may not have been what was needed, I suggest that you review your study practices with

great care, seeking the advice of teachers, Year Adviser and peers, so that you give yourself the best chance in October. It is easy to “switch off” following the Trial (I have seen it many times with many students in many schools!), but this temptation must be resisted at all costs. Year 12 students now need to ask themselves “Am I thoroughly organised? Am I prepared to ramp up the amount of work I’m doing? How will I celebrate my efforts following the HSC exams?” Your teachers will now swing into “HSC preparation” mode. Now, more than ever, it is critical to be in class, concentrating and participating. I suggest that study groups of like-minded students are a great way to share the load, discuss and clarify. Good luck, Year 12, for the final assault!

Some Year 12 students have also been working hard to complete major works in Industrial Technology and Visual Arts, while others have been polishing their performances in Music and Drama. Well done to all of you for the quality of your work and the dedication you have shown in its completion.

Over the last few weeks the input of staff, students and parents has been sought to assist us with the development of plans, policies and procedures across the school. Thanks to Trudi Edman, Sue Keirstead, Alison Ward (parent), Daniel Clarke and Tori Grady (students) for an excellent day on Tuesday working through the school’s anti-bullying policy. Sue will also be working with students to develop the next step in our Positive Behaviour for Learning (PBL) process.

Chris Moulds and I will be conducting a Technology Forum next week with selected Year 10 students to refine laptop usage across the school. It is great to see staff, students and parents working together in a spirit of collaboration and consultation.

At the recent Excellence Assembly, I urged students to make a commitment to doing one small positive thing to make someone else's day a better one. Over the next few days I will be meeting with each of Years 7 – 11 to get their written commitments. Year 9 have already completed theirs. A few of their simple (but effective) ideas appear below:

- Help cook dinner
- High-five seven people each morning
- Say "Hello" to 3 people each day
- Be kind to an elderly person
- Talk to 5 different people I don't know each day
- Smile 5 times before recess

We'll be following up on these before the end of the term to see how many people have made a difference to the lives of others!

Well, I must go. I'm off to open the Book Week celebrations *One World, Many Stories*. Time to see some more Gloucester High School talent!

Cheers!

Pat Cavanagh

CAREERS NEWS by Greg Green

University Early Entry applications are available either online or from me. Online from the participating institutions website from your UAC Handbook.

Education Access Applications are available online, also equity scholarships for financially disadvantaged students at www.uac.edu.au.

University Open day dates are displayed in the senior centre for August and September.

Open day Scholarships Assessment application for Bedford College available from me.

Private College providing courses in Accounting, Business and Child Care.

Queensland (QTAC) University Guide is available from me.

Nursing and Allied Health Scholarships. Information and application form at www.sarrah.org.au

Principals recommendation for Charles Sturt University forms from me.

TAFE College Seminar for Year 12 students on Tuesday 6 September Period 3, conducted by North Coast Institute Presenter .

UNE Seminar for Year 12 Students on Thursday 8 September for students intending to apply for Entry to UNE in 2012, all types of entry schemes.

Dungog & District School Horse Sports Day

Dungog & District School Horse Sports Day, Thursday 18 August 2011

Eight students and their horses proudly represented Gloucester High School at the Dungog Horse Sports Day. All rode beautifully and took great care and effort with the presentation of their horses. It was a very competitive day with 180 riders from 56 schools from around the region, from the Central Coast to Scone and north of Taree.

Events on the day ranged from formal riding classes in the morning including Hack and Pleasure Hack to the faster Sports events in the afternoon. Great fun was had with horses accelerating around poles and barrels, a race against the clock.

Thankyou for the support given by the parents and Mrs Harris for bring the ties and saddle cloths.

Results:

12 years

Jodie Harris on ELA Gleam - 1st Flag and 2nd Barrel

15 years

Macaela Harris on ELA Glimmer - 1st Sporting figure of 8 and 5th Barrel

Rhiannon Jaeger-Michael on Reve Dore - 4th Riding class, 4th Hack and 5th Flag

16 years

Brodie Preston on Oakview Schilo - 3rd Barrel, 3rd Sporting figure of 8, 3rd Flag, 4th Riding class and 4th Hack

Samantha Harris on ELA Tommy - 1st Barrel, 1st Bonfield, 1st In & out paddock, 2nd Sporting figure of 8 and 4th Flag

Caitlyn Wardrop on Loreley Abel - 4th Bonfield and 5th Pleasure Hack



Excellence Assembly



At the August 18 Excellence Assembly, Shakespeare Committee Chairperson Mrs Maureen Hjorth presented Indigo Rosenblatt and Emily Hamilton with certificates and gifts in appreciation of their long-standing voluntary work for the Shakespeare Festival. Mr Scott Davis, Shakespeare Schools' Days Co-ordinator, and Mrs Sharon Rosenblatt, Shakespeare Committee member, were on hand to add their congratulations to the worthy recipients.



Maureen Hjorth, director of GHS' production of *The Great Australian Rock Musical*, presented Mr Pat Cavanagh and musical director Mrs Judy Ingram with a plaque in appreciation of the school's efforts in making the musical a success.

The plaque reads:

Congratulations to cast and crew for their outstanding performance at the GHS Musical 2011.

Year 8 Aboriginal Studies Excursion to Sydney

Aboriginal culture is rich and extremely diverse. On 17 August Year 8 had the chance to experience a fascinating insight into Aboriginal history (past and present) when they joined an informative, enjoyable site study excursion to Sydney.

After an early morning start (4:30am to be exact), Year 8, Ms Grey and Mr Elliott embarked on their journey. The first stop was the Royal Botanic Gardens. Clarence Slockee, Aboriginal Education Officer, showed and explained Aboriginal artefacts such as weapons and tools. These objects were passed around, giving students a chance to really see what these objects felt and smelt like. Clarence concluded his talk by giving a rather exciting performance on the didgeridoo. After a delicious tasting of freshly baked wattle seed damper we were split into two groups and taken on a guided bush foods tour of the colossal Gardens.

After a hasty Macca's feast on a pavement shared with seagulls or a leisurely packed-lunch break on the foreshore of Sydney Harbour, we piled into the Sydney Opera House to watch the Bangarra Dance Theatre perform 'Belong', consisting of two works that explore what it means to be Aboriginal. The performance was filled with incredible effects, dancing and mystifying stories told by the dancers through the movement of their bodies. We were treated to a question and answer session at the end of the performance. We learnt about some of the dancers' backgrounds and what inspires them to dance.





A modern, symbolic tree carving on the oldest tree in the Gardens

A brisk walk took us to the Art Gallery NSW where we were split into three groups. Our enthusiastic guides introduced us to a selection of artworks in the Aboriginal and Torres Strait Islander exhibition. The guides were keen to involve us and asked lots of questions, such as what we thought the artists were trying to tell us through their designs. The Art Gallery has an amazing collection of Indigenous works and many students would have liked extra time to browse at their leisure,

After an eye-opening Art Gallery tour and delightful day, a weary group of children -- and teachers -- dawdled onto the bus. Dinner at McDonalds or Subway briefly recharged the batteries and we settled back to enjoy the ride home -- tired and satisfied.

-- Isabel Everett and Lauren Cameron



Aboriginal bush foods abound

Head Lice

Anyone can get head lice and it is common for school children to get head lice at some time. Head lice can spread when children's hair comes into contact with one another. Although itchy and annoying head lice do not harm your child.

To prevent getting head lice

- Tie your child's hair back
- Tell your child not to share hats or clothes
- Check your child's hair regularly.

If your child has head lice

- Continue to send your child to school
- Inform the school so they can inform others to check their children's hair, your child does not have to be identified
- Do not use household chemicals (such as kerosene or methylated spirits) to treat head lice.

Comb and conditioner method

Head lice breathe through small openings along their abdomens called spiracles. Coating hair in something thick and slimy like a white hair conditioner makes these openings close over, shutting down the louse's breathing for about 20 minutes.

Although the louse will not die with this method, it does slow it down so that you can comb them out.

You can do the following:

- Sit your child in a low position in front of you and put on a video or DVD for your child to watch while you work.
- Wrap a towel or kitchen paper around your child's shoulders to catch conditioner spill.
- Apply lots of conditioner to the scalp and massage it through all hair shafts. Lice live close to the scalp, so make sure that you cover the hair shaft close to the scalp. Combing will spread the conditioner onto the rest of the length of hair. Every hair has to be coated to ensure it reaches the lice.
- When the hair is detangled and manageable, use a fine lice comb to comb out each section several times.
- After each comb out, wipe the conditioner on the paper towel. If the child has head lice, you will see them on the towel.
- Keep combing each section of hair until no further lice, nymphs or eggs appear on the paper towel. Often you will see lots of old egg casings that may take a while to remove.
- Once you have combed and recombbed each section of hair, either re-plait or tie it back.

Commercial lice treatment

A commercial lice treatment (available from your local chemist) can be effective, but you will need to read the label and follow the safety instructions carefully. Generally, treatment must be applied twice (one week apart) to catch all growth stages of the lice. When using a lice treatment only treat the heads that actually have head lice or else you are really just contribute to lice resistance of treatment to products.

For more information

www.health.nsw.gov.au/headlice



SCHOOL CALENDAR

TERM 3

Wednesday	24 August	Book Fair - 10am till 12:30pm – Library
Sunday	28 August	Legacy Concert at RSL –2pm
Monday	29 August	Senior MAD Night—7pm
Thursday	01 September	Year 7, 8, 9 Semester 2 Exams
Friday	02 September	Senior Formal - Year 10,11,12
Thursday	08 September	CHS Athletics - 2 days—Homebush
Friday	16 September	Quiz Night 6:30pm at GHS Hall
Monday	19 September	Year 10 SC Trial
Thursday	22 September	Silver Duke of Edinburg trip - 4 days
Thursday	22 September	Year 12 Formal Assembly
Friday	23 September	Tri Challenge
Friday	24 September	Last Day Term 3

CANTEEN ROSTER



Ph. 6558 9963

TERM 3

Wednesday	24 August	Lyndell
Thursday	25 August	Kristy H
Friday	26 August	Elona
Monday	29 August	Elona
Friday	2 September	Elona
Monday	5 September	Elona
Tuesday	6 September	Kerrie C
Thursday	8 September	Val R



📖 SCHOLASTIC - Book Club

Pick up your Book Club Catalogue Order (Issue 6) from the **LIBRARY**.

Orders for this issue need to be returned and paid for at the
Front Office by 1st September 2011

DUKE OF EDINBURGH SILVER EXPEDITION.



Thursday August 18 saw 8 hardy students and one fool-hardy teacher heading off from GHS heading for the train station. The forecast was for torrential rain and gale force winds, but these brave souls were not to be put off. They boarded the XPT for Sydney, spent a night in relative luxury at the Railway Square YHA and then headed for the Royal National Park where they spent the first day trekking from Engadine across the width of the park – a distance of about 18km, largely in heavy rain and strong wind. Puddles and swamps which threatened to swallow all trekkers (except Jack) presented a hazard, as did the hills which appeared regularly throughout the day. Camp at Bonnievale saw the rain ease and a chance to dry things out, with more rain hitting after all were snugly in their sleeping bags and sheltered from the elements.

Day 2 dawned beautiful and clear and saw us heading off along the stunning Coast track, with terrain ranging from the streets of Bundeena (where Max found a Soccerroo flag), to vast, windswept beaches and thick, spiky heath the day was a perfect one on which to walk 21km...Camp at North Era was soggy, but provided a gorgeous setting to finish the day and to engage in debates on the relative merits of the various planes which passed occasionally far overhead.

The final day involved an early start as we were on the track by 6:45am (not a challenge for country lads who are used to being up at 3am to milk the cows and plough the paddocks), and a big climb up Burghs Ridge had to be conquered before a gentle amble into Otford and the end of a 47km trek.

A final few hours in the city gave the chaps and opportunity to sample cuisines from a range of countries and for Tom to pose for a photo next to a giant Ugg Boot.

Travelling back to Gloucester on the XPT through more rain saw us arrive to eager parents (standing in the rain) who gathered up their tired little cherubs and took them off home for a shower and cup of hot milk before tucking them into bed for a well-earned sleep.

Congratulations to Jack, Tom, Peter, Luke, Boe, Max, Hadia and Daniel on completing this challenging trek.

PS: Max found a boogie board which he named Bert.



Gloucester High School P & C
QUIZ NIGHT
Friday 16 September
DOORS OPEN 6.30 PM
FIRST QUESTION 7.00 PM
quiz will take place in high school hall
\$10 per person
max of 10 people per table
pay on the night
prizes for BEST DECORATED TABLE
BEST DRESSED
TO BOOK A TABLE OR ASK A QUESTION
BYO -
CONTACT JANET 6558 1167
SHARON 6558 1968
REFRESHMENTS / EATS TO GET YOU THROUGH THE NIGHT
BRING YOUR GOLD COINS WE TAKE BRIBES AND SELL ANSWERS

Gloucester Schools Tri Challenge

The 18th running of the Gloucester Schools Tri Challenge will be held on the last day of term 3, Friday 23 September 2011. The event comprises a 9km ride, 4km kayak and a 4 km run. This fun and challenging event is open to all students as either an individual or as part of a 2 or 3 person team. Individual entrants must be at least 14 years of age on race day. Entry fees are \$35 for an individual or \$45 for a team, which includes hiring of the kayaks and bus fares to and from the event. This event has been well supported in the past and is a unique and special day in the Gloucester High School calendar.

Recently crowned world champion 24hr mountain biker Jason English started his racing career in this race, and while I cannot guarantee such success for all participants, you never know. So with 5 weeks until race day, it is time to start some regular training and take full advantage of the benefits this type of race can offer.

Any parents who would like to make themselves available to help out on the day please contact me at the High School. Entry forms are available at the front office. Entries are due by Friday 16 September and should be handed in at the office.

See you at the start line,

Daniel Moar – Race Co-ordinator



MAD NIGHT

Monday 29 August 2011

High School Hall 7 pm

Includes Performance from Year 12 Music and Drama Students

Everyone is welcome to attend!



Gloucester High School - KNIT- WITH -LOVE PROJECT.

ATTENTION ALL STUDENTS

**You are invited to knit some squares to support the
WRAP WITH LOVE program.**

- WHEN?** Thursdays lunchtime
- WHERE?** Room 1. Hot food and chats are part of the fun
- WHO?** Boys, Girls and Staff Members
- WHAT?** Knit 30cm squares for a "WRAP- WITH- LOVE" rug.

*'Cold humanity is our concern, people caring about
other people.'*

*There are millions of people in the world suffering
extreme cold. In 1992 Wrap with Love began with
the idea to help as many people as possible by pro-
viding warm Wraps to ward off hypothermia and in
the past 18 years we have sent more than **255,322**
Wraps to people in over 75 countries, including
Australia, with the help of our hardworking and
generous **volunteers**.*

From their website



Legacy Concert

- WHEN:** Sunday 28 August 2011
- WHERE:** RSL Auditorium
- AT:** 2pm
- WHAT:** Students will be performing at this event to support the work done by Legacy here in Gloucester.
- Cost:** \$5 for Adults, children are FREE. Afternoon Tea is included.

FIRST AID COURSE

For: Any interested Year 11 & 12 students

When: Wednesday 26 October &
Thursday 27 October 2011

(Term 4, Week 3)

Where: Gloucester High School

Time: 9:00 am – 3:15 pm each day

Cost: \$90.00 per student

Provider: Lifesaving Society of Australia



Please leave your name with Ms. Keirstead if you are interested in participating in the First Aid Course by 9 September 2011 (end of week 8)

Gloucester High School 2011 Breakfast Club

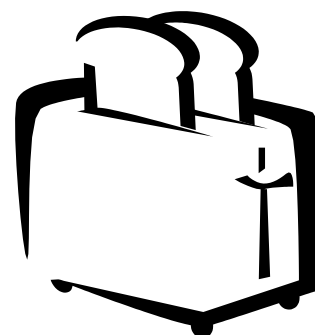
Wednesday 24 August

8am to 9am

Toast with various spreads

And Hot Milo

**A healthy breakfast makes
Happy Learners!**



Chaplain's Chat

Generosity

It has been said that generosity comes from the heart. Indeed in the heart of Gloucester and Gloucester High School I have found generous hearts and people of good will.

It is so good to be back at school after the car accident that made life a little difficult for a while, and it is so good to be able to serve breakfast to hungry students on cold mornings. I know we all feel warmer and are able to learn better when we eat well. Enjoying the company of friends and teachers is just great on a cold morning.

Because of the great generosity of so many people in the school and from the wider Gloucester community, Breakfast Club has become a very special event each Wednesday. The Student Representative Council created the menu and some students have helped prepare and serve. Many groups and businesses have made financial contributions. As well, members of the National Australia Bank staff have donated aprons for volunteer cooks. Two NAB staff members, Tonia Channon and Suzie Dark donated their time and have loved cooking pancakes for students twice this term. Tonia is an ex-student of Gloucester High School. They enjoyed it so much that they are coming back again next term.

Several members of the Gloucester Rotary Club have offered their time and smiles and will be cooking in the weeks ahead and Johanna Heyink from CWA and the Uniting Church, along with Sharon Rosenblatt from the Gloucester High School Parents and Citizens Association cooked and served grilled cheese on toast last week.

The kindness and generosity of all these people expresses to me the presence of goodness amongst us. So the invitation is open to all students. Please come and join in, even if it is just for a chat with friends over Milo before class each week.

Eulalie O'Keefe Chaplain

GLOUCESTER COMMUNITY SPONSORS PROVIDING FUNDING AND SUPPORT FOR THE GLOUCESTER HIGH SCHOOL BREAKFAST CLUB 2011

Garner's Home Timber and Hardware
Retravision
Hebbys Bakery
Gloucester Christian Community Centre
Drifta Camping and Trailer Kitchens
National Australia Bank
Country Women's Association Evening Branch
The Honourable George Souris M.P.

Uniting Church Fellowship
Majestic Family Store
Quota International
Harwell Lifts
Women's Bowling Club
Rotary Club
Country Women's Association Day Branch
Stratford Coal Pty. Ltd.

Jeans for Genes Day 2011

Tamara and Indigo help create a set of (gold-coined) male chromosomes to promote the Day



Natalie is happy to be a Genie for a day!



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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