## GLOUCESTER HIGH SCHOOL

Quality education in a caring, innovative environment.

#### School Calendar

Monday 13 March Hunter Regional Swimming - Newcastle

Tuesday 14 March School Social 6-9pm - school quad Open Boys Cricket - Alan Davidson Shield

Wednesday 15 March - Monday 27 March NAPLAN Y7 & Y9

Thursday 16 March White Card Training

Monday 20 March University of Newcastle visit

Wednesday 22 March Y12 Bake Sale Fundraiser

#### P&C

Our next P&C meeting will be: Monday 20 March - 6.30pm - Room AG03

#### CANTEEN - Phone 65589963

Monday 13 March Gai **Tuesday 14 March** Kelly Wednesday 15 March Merrilyn Thursday 16 March Fmma Friday 17 March Gai Monday 20 March Gai Tuesday 21 March Kelly Wednesday 22 March Merrilyn Thursday 23 March Emma Friday 24 March Gai

CANTEEN VOLUNTEERS NEEDED

Once or twice a term, 10.30am-1.30pm No experience required, just a friendly face. Please contact us on 6558 9963.

Follow us on facebook



### **ZONE SWIMMING**

Congratulations to our Zone swim team, everyone swam well and proudly represented our school.

NEWSLETTER Friday 10 March, 2023

Well done to the following students who have qualified for Hunter:

- Jacob Edwards
- Kaitlin Perry
- Olivia Wade
- Xanthe Fenning
- 13 yr Girls Relay team Lara Kemp, Olivia Wade, Zali Jennings, Kaitlin Perry
- Open Girls Medley Relay team Olivia Wade, Mia Tresidder, Irelyn Want, Kaitlin Perry

Also, a special mention to our Zone Age Champions:

- 13 yr Girls Kaitlin Perry
- 13 yr Boys Liam Wamsley

Great effort!



#### **Care Achievement Respect Effort Responsibility**

129 Ravenshaw Street, Gloucester NSW 2422 / P 02 6558 1605 / F 02 6558 1229 www.gloucester-h.schools.nsw.edu.au / gloucester-h.school@det.nsw.edu.au

## **PRINCIPAL'S REPORT**

We are halfway through Term 1 and it is pleasing to see the majority of students proudly wearing their school uniform. To make the process of purchasing uniforms easy, we have plenty of stock in the canteen which is open from 7:30am each school day, with card payment facilities available. Don't forget you can use your Back to School Vouchers!

Our staff provide our students with many opportunities to attend extracurricular activities and excursions. Many thanks to Miss Ross (Year 7 Adviser), Mr Murray, Ms Sylvester and Mr Gould, who have taken our Year 7 students to The Great Aussie Bush Camp for 3 days. By all reports the students had a great time, particularly with the mud challenge. This is one of

the many highlights of high school that the students will remember. Hopefully their clothes were rinsed before bringing them home!

I have received the build timeline for the shade shelter next to B block, the shade roof over the basketball court, the gym and the General Assistant's workshop. Depending on the weather, the aim is to have all the footings and some construction done during the weekends, to reduce noise and impact on student learning. The goal is to have all the builds finished by the beginning of Term 2.

Thank you to Mrs Cameron, Ms Nolan and the learning support team for the planning and organisation for NAPLAN, which will commence next week.

Congratulations to many of our students who have achieved success in their sport: Emily Marsh for Rugby Union, Riley Schafer for Rugby League, Renee Coubrough for softball, Kaitlin Perry, Olivia Wade, Jacob Edwards, Xanthe Fenning, Liam Wamsley and our 13 yrs Girls and Open Girls Medley relay swim teams for their success at Zone swimming – further details in this newsletter.

We wish them well for the next stage of their competition.

#### Mrs Trudi Edman, Principal





## FREE AND FREQUENT REWARDS

We have introduced 'Free and Frequent' rewards. When students get caught displaying our CARER values, they will receive a Free and Frequent ticket with their name on it. Tickets are handed in at Roll Call each morning and two winners for each year group are drawn at Monday assembly. The remaining tickets from each week go into a big thermometer and when the thermometer is full there will be a whole school reward.

Weekly winners receive a \$5 canteen voucher.

Our Credit system remains the same. Free and Frequents are for the smaller things that still deserve some recognition.

Last week there were 470 tickets submitted, that's 470 different occasions of catching our students displaying our CARER values, 470 times we have acknowledged our student's displaying qualities worth promoting!



## **GLOUCESTER HIGH SCHOOL P&C**

## Survey

The P&C is looking to encourage parents/carers to be more involved in the school. It is important for parents/carers to be partners in the education process and playing an active role in the education of their children.

The following quick survey will guide us to understand the needs of families at Gloucester High School regarding meetings, canteen and uniform.

## Fill out form

## **Executive positions from the AGM**

President -Steven BignellVice-Presidents -Rob Seale and Chris MurrayTreasurer -Tonia ChannonSecretary -POSITION VACANTOur next meeting will be: Monday 20 March - 6.30pm - Room AG03

## SCHOOL PHOTOS 2023 SAVE THE DATE

Term 2, Week 2 Tuesday 2 May 2023

Online ordering opens Thursday 6 April (last day of term 1)



## SCHOOL SOCIAL

The SRC school social is BACK!!! This time we're travelling through the decades!

Come dressed in your best get up from your favourite decade. DJ Azza will be returning with the

greatest hits from the 60s to now.



Save the date: **TUESDAY 14 MARCH, 6 - 9 PM** in the School Quad.

Tickets will be on sale from Monday 27 Feb to Monday 13 March during Break 2 at the front of the canteen. **No tickets sold on the day!** 

## **OPAL - ONGOING PERFORMANCE ASSESSMENT LOG**

The first OPAL results for the year were recently sent out. If you did not receive an email with OPAL results for a student in Years 9, 10 or 11 please contact the school.

Running since 2014, our student improvement scheme (OPAL), involves all students from Years 9, 10, 11 and 12. OPAL is a scheme in which each student is assessed by their teachers each month. Those students who maintain acceptable standards of participation and completion, are rewarded within our existing Merit Scheme. The incentive to maintain, and improve upon, a healthy OPAL average is great motivation for most students. For students whose effort and completion rates are causing concern, the OPAL system provides for interviews with the principal, head teachers and year advisers (and, ultimately, parents and carers) designed to support a change in this behaviour and assist students to re-build their momentum.

OPAL is designed to provide feedback about student effort and engagement on a regular basis. This provides important information about how students are applying themselves in their subjects and across the school. OPAL is designed to be a supportive tool, used to encourage students to give their best consistently.

Twice each term, teachers will record a value for student performance in OPAL. You will receive a copy of OPAL data via email. This is an opportunity for teachers, students and parents to reflect on the student's engagement, with the aim to create conversations between all parties.

The values awarded appear below, with values of 5 to 10 based on professional teacher judgment about each student.

OPAL value	Performance Level	Performance Indicators
1	Non submission of assessment task	<ul> <li>Task not submitted</li> <li>Class Teacher and Head Teacher to issue N Determination Warning Letter and negotiate time period for redeeming of task</li> </ul>
5	Poor effort (unsatisfactory)	<ul> <li>Minimal completion of class tasks</li> <li>Minimal completion of homework</li> <li>Disengagement with learning process</li> <li>Continuance at this level would lead to an N Determination Warning Letter</li> </ul>
6	Limited effort (causing concern)	<ul> <li>On task for 50% of each lesson</li> <li>Completion rates (classwork and homework) around 50%</li> <li>Minimal engagement with learning process</li> </ul>
7	Basic effort	<ul> <li>On task for 50-70% of each lesson</li> <li>Completion rates (classwork and homework) around 70%</li> <li>Cursory engagement with learning process</li> </ul>
8	Sound effort	<ul> <li>On task for 70-80% of each lesson</li> <li>Completion rates (classwork and homework) around 80%</li> <li>Mostly engaged with the learning process</li> </ul>
9	High Level effort	<ul> <li>Fully on task each lesson</li> <li>Consistent completion of all class and homework tasks</li> <li>High engagement indicated by participation in class discussions, answering and posing questions, etc</li> </ul>
10	Outstanding effort	<ul> <li>Seeking and completing extra work, evidence of completed extra work, showing initiative to learn, highly motivated, evidence of independent learning</li> </ul>

#### **OPAL - Ongoing Performance Assessment Log**

## **OPAL - ONGOING PERFORMANCE ASSESSMENT LOG continued...**

#### **OPAL Levels**

#### **Black OPAL**

The student(s) who receive the top average over the cycle achieves a **Black OPAL** and receives one Merit Award (4 Credits)

#### Blue OPAL

A student achieving an average of 8.5 or above across subject areas achieves a **Blue OPAL** and receives 2 Credits

#### **Green OPAL**

A student achieving an average above 7 and less than 8.5 across subject areas achieves a **Green OPAL**, which indicates that the student is achieving at a commendable level, earning them 1 Credit

#### White OPAL

A student achieving an average above 6.75 and yet has a subject that receives a 5 will receive a **White OPAL**. The student may be referred to the Head Teacher in that subject who will counsel them as to what needs to change in terms of preparation, attitude and performance.

#### Yellow OPAL

A student achieving an average above 6 and less than or equal to 6.75 or a value of 5 in more than one subject is deemed to be "causing concern" and will receive a **Yellow OPAL**. These students may be required to undertake a formal interview and abide by the consequences of this process.

#### **Red OPAL**

A student receiving a **Red OPAL** is deemed to be "at risk". A student issued a value of 1 in a particular subject OR receiving an average of 6 or below across all subjects will receive a Red OPAL. These students may be required to undertake a formal interview and abide by the consequences of this process.

Our experience with the OPAL program has been overwhelmingly positive. Students know how they are progressing in their subjects. They are motivated by wanting their average to grow, or by wanting to avoid the awkwardness of an interview with the principal, head teachers and parents! Students will receive their personal OPAL scores for individual subjects, as well as their OPAL Average, at the end of each recording period. Individual student scores will not be shared with other students.

## MATHS CORNER QUESTION (for students and parents)

#### **Question:**

When 707 is divided by a secret number the remainder is 5. The secret number could be

A. 7 B. 8 C. 9 D. 10 E. 11

#### **Previous Answer:**

Discount = 1200/3000 x 100 = 40%, hence the answer is B.

\* Maths corner questions have been provided courtesy of 'Australasian Problem Solving Mathematical Olympiads (APSMO) Inc' an advanced problem solving course currently being undertaken by some of our Year 7 & 8 students.

## **REPRESENTATIVE SPORTS**

Congratulations to Renee Coubrough who represented the Hunter in Softball last week at the CHS (Combined High Schools) Carnival. After some strong performances during the week Renee was selected in a NSW CHS side to compete at the NSW All Schools Secondary Softball Trials on Monday 13 March. Good luck Renee!

Well done to Mitchell Whitby, William Wooster and Riley Schafer, who recently tried out for the Zone U15 Rugby League team.

Reports were that all boys played hard and Riley was selected in the Hunter Blue Team. Riley will now attend the Hunter Rugby League Trial. Well done boys and good luck Riley!

Emily Marsh recently attended the Hunter Open Girls Rugby Union trial on 2 March and was successful in gaining selection, so she will play at the NSW CHS carnival in early May.

Emily Marsh is also going to trial for the Hunter Girls U18 Rugby League Team. Good luck Emily!



**Renee Coubrough** 



Mitchell Whitby, William Wooster and Riley Schafer



**Emily Marsh** 

## **OPEN GIRLS NETBALL GALA DAY 2023**

Last Tuesday, the girls Netball team competed in the Manning Zone Netball Gala Day. The team consisted of Natalie Rayner (c), Katrina Channon, Toreen Denyer, Mackenzie Schafer, Charli Macdonald, Kaitlyn Commons, Elana Pope, Emma Bignell, Selina Denyer and Ruby Tonks.

The team played four games throughout the day. First, Gloucester took on Taree, holding their own until the last half where Taree came away with a close win by 9 goals. As the day heated up, we played Forster in the second round. The girls performed extremely well early into the game, although Forster were a well-drilled team and came away with the win in the second half 22 - 16. Gloucester played Wingham in the third round. Wingham had possibly the tallest goal shooter we have ever seen! This game was a nail biter, with Wingham defeating us 19 - 16. We mustered what little energy we had left and defeated Chatham in the last game 46 - 4.

All girls fought hard and played extremely well in all games. Our defensive duo (aka wall of steel), Natalie and Toreen kept the score margin tight. Our sharp shooters Kaitlyn, Charli and Elana worked well together in the circle. Fantastic movement of the ball in the centres shown by Mackenzie, Emma, Katrina, Ruby, and Selina. They all displayed exceptional determination and good sportsmanship skills that Gloucester is well-known for. Congratulations girls on your achievements and perseverance on such a hot day! The icy poles and ice packs came in handy!

A big thank you to Tonia Channon for umpiring, and to our lovely, supportive parents for cheering us on.

#### Mrs Toni Stanton, Netball Coach



Back: Ruby Tonks, Charli Macdonald, Mackenzie Schafer, Kaitlyn Commons, Elana Pope, Selina Denyer, Toreen Denyer Front: Katrina Channon, Natalie Rayner, Emma Bignell

## THE GREAT AUSSIE BUSH CAMP 2023

Year 7 braved the 40 degree heat, abseiling, high ropes, the giant swing, vertical challenge, and the mozzies to have experiences that pushed them out of their comfort zone at the Great Aussie Bush Camp.





# THE GREAT AUSSIE BUSH CAMP 2023



Diverse educational programs that challenge and inspire students

## **YEAR 9 DRAMA**

Year 9 Drama students are learning the techniques of piecing together "stimulus material" to be used as inspirational ideas from which to create a performance for effect. On Monday 6/3/2023, as part of our Playbuilding Unit, we visited the Gloucester RSL and Gloucester Library to conduct some research on local ex-servicemen and women in preparation for a short ANZAC Day performance. Here, we collected a treasure trove of ideas from memorabilia including photographs, medals, soldier's uniforms, weapons, poems, diary entries and notes including a letter sent in a bottle off the side of a war vessel, later found on Australian shores and returned to the soldier's mother after he'd died at war.

This opportunity to learn about the sacrifices made and "remember them" through the presentation of devised theatre based in historical fiction, is made all the more meaningful through our local connections.

Ms Renee Berger, Drama Teacher



Diverse educational programs that challenge and inspire students

## FROM THE ART ROOMS



Year 8 students have been using an impressionistic technique to create abstract figure paintings.









The MC class has been creating more sun prints. Edward and Nathan are pictured here developing their images of grape vine leaves.



## YEAR 9 FOOD TECHNOLOGY

Year 9 Food Technology students recently made a homemade sweet chilli sauce. The students enjoyed picking the chillies from the ag farm. They then prepared the chillies, cooked up the sauce, then bottled to take home. The students even designed their own labels!

On behalf of Year 9 Food Technology and myself, I wish to pass on a massive thank you to Mrs Elaine Murray for sharing her delicious recipe and also for suppling the bottles for the sauce. Thank you!

#### Mrs Louise Harris, Food Technology Teacher



Diverse educational programs that challenge and inspire students

## FROM THE AG FARM

Stage 5 elective Ag classes have been busy at the ag farm breaking in 11 cattle for Gloucester Show that is just around the corner on 24 March. Six dairy heifers have been kindly leant to us by Speldon Dairy to provide addition cattle for our students to work with. This is a fantastic opportunity for our students to gain confidence and experience in working with cattle and preparing animals for shows. Year 9 and 10 students are also working with 5 beef animals that have been on the school flats over the holiday period. In conjunction with Year 11 and 12 PI classes, we have been handling, leading, washing, clipping and feeding these animals in preparation for the show.

A very big thank you to Chris and Sally Maslen from Speldon for their continued support of our students.

Mrs Sally Andrews, Ag Teacher



## YEAR 7 MANDATORY TECHNOLOGY

Madatory Technology Group 3 have had an introduction to engineering as their warm up to Mandatory Technology. We first looked at levers and the effect of fulcrum position, then power transmission via tensile and compression loads and finally hydraulics as a form of power transmission. All were looked at very briefly but are important concepts for the project we are constructing.

Here is a teaser of the project we are building. Taz became my helper for this photo shoot. We have decided to give you a little peek each week with the last week of term being the target for the completed project. See if you can guess what we are making... No spoilers Year 7!

All students are working well. No exceptions. This is great to see and with the positive hands-on attitude, negative issues are nonexistent. Great work 7MT3.

Mr Andrew Herps, Industrial Technology Teacher



## YEAR 8 MANDATORY TECHNOLOGY

Year 8 students work on a 13-week rotation through Agriculture, Food Technology and Timber. During these rotations, the syllabus requires students to participate in a range of activities which involve practical projects, plus a design folio and safety aspects.

In Ag, students are required to grow at least two of the ingredients they prefer on a hamburger. Various industries have been covered including wheat, beef and dairy, with pork, sheep, poultry and horticulture to follow. A strong emphasis on healthy eating underlies all the industries we explore ensuring students can make informed choices based on what they eat.

Students have enjoyed practical activities in the classroom and at the ag farm involving:

- planting our own wheat
- making our own wholegrain flour
- planting our own vegetable seeds and caring for our seedlings once they germinated
- watering and feeding animals including cattle, chooks and chicks.

Ultimately, Year 8 aim to make their own hamburger with as many 'own grown' ingredients as possible!

In Food Technology, students are completing the unit, 'Delicious Dairy'. We have explored various technologies utilised in farming practices and for domestic use. Students have developed their understanding of how these technologies have changed over the years to make our lives easier. The students put one example to the test by making their own butter. The class was divided into three groups, one group operated a food processor, the second group an electric hand beater and the third, an old butter churn. The competition was on to see who could make the butter the quickest, however, I did allow a little head start for the group using the butter churn! The result, delicious butter! The students completed a taste test to compare a commercial brand butter & margarine to the homemade version. Most students enjoyed the fresh flavour of the homemade butter. The butter and the buttermilk can then be utilised when the students make their own pancakes.







Mrs Sally Andrews, Ag Teacher & Mrs Louise Harris, Food Technology Teacher

## TABLE TENNIS FOR THE MC ROOMS

Our new table tennis table helps our students to calm and get fit at the same time. The students learn how to be a good sport and use their hand/eye coordination skills. When students are upset and need to reset their mood, a game of table tennis is a positive way to do this.



## YEAR 12 PDHPE

Year 12 PDHPE have been studying the HSC Option, Sports Medicine. This option module is concerned with the specific issues of prevention, assessment, management of and recovery from sports injury. This week, Year 12 learnt how to use preventative taping to effectively strap an ankle for support during sport and physical activity.

Mrs Toni Stanton, PDHPE Teacher





## **SCHOOL PHOTOS**

**Online Ordering** will open on Thursday 6 April (last day of Term 1). Online orders never close but for free shipping to the school, you have until 15 days after photos are taken to place orders (via website or phone). After this \$11.00 postage will be added to the order.

**Online ordering for family photos** closes 11:59 pm on Monday 1 May 2023. Families can still pay for family photos on 2 May, 2023 by contacting Don Wood Photography directly (02 9542 5370) to make credit card payment.

#### Order of year groups:

Period 1 – Year 12, SRC, captains

- Period 2 Year 7 and year 11
- Break 1 staff, family photos
- Period 3 Year 11 and Year 8
- Period 4 Year 10
- Break 2 family photos
- Period 5 Year 9

Please Note: Year 11 will have their group photo and some portraits Period 2 and will complete portraits Period 3.

Year group photos will be in front car park (same as 2022).

Students paying cash (to Don Wood Photography) on day of the photos can pick up an envelope at the PE staff room. Family photo envelopes are also available.

Please contact me if you have any questions via sentral portal or 6558 1605.

**Ms Sue Keirstead** 



SCHOOL CODE



#### ORDER ONLINE NOW go to www.donwoodphotography.com.au or Scan QR Code

\* Disclaimer: Due to Covid and risk to student health the school may decide to remove a "Group" photo and replace with a second page composite without notice.



#### **PORTRAIT ONLY PACK**

Includes Two sheets of portraits consisting of:

- 1x 7x5' (176x127mm) portrait
- 2x 5x3.5' (127x89mm) portraits
- 3x 3.5x2.5' (89x67mm) colour portraits
- 2x 3.5x2.5' (89x67mm) black and white portraits
- 5x 2x1.5' (50x38mm) colour key ring portraits 3x 2x1.5' (50x38mm) black and white key ring portrait
- 8x 1/2x3/4' (20x13mm) locket sized portraits
- 1x 7x1.5' (176x38mm) bookmark

## PHOTOBOOK ONLY PACK

LISTED AS GROUP ONLY ON ORDER ENVELOPE Includes the 16 PAGE A4 SIZED PHOTO BOOK that consists of :

- A front cover designed for your school
- A group photo in the format selected by your school
- A group composite page
- A large individual portrait presented within the book
- As well as pages for the students to complete eg. autographs, favourite things, memories etc.

Does NOT include bonus download

\* Year 12 package includes Formal and Muck-up year photo





\*DOES NOT INCLUDE ANY PORTRAITS OUTSIDE OF BOOK\*

**EXTRAS** 

Extras combo must be ordered in conjunction with a photo pack

## **FAMILY PACKAGES**



Bookmarks





**OPTION 3** 

2.5cm X 4cm

**OPTION 1** 

9cm X 13cm

**OPTION 2** 

## extras combo

Includes:



## **KEYRING**

#### Keyrings must be ordered in conjunction with a photo pack

#### **NO PRINTS INCLUDED -**

EXTRAS COMBO

1 x 10x8' (250x200mm) portrait

Portrait Download NOT included in

Please see packs on previous page for packages that contain 2x1.5' (50x38mm) sized key ring photos for use with this product.

#### CALENDAR

#### Calendars must be ordered in conjunction with a photo pack

One 11x14' (279x355mm) sized Black and White Calendar with coloured individual portrait photo and students name.









If you have any questions about our packages or how to place your order, please contact us on our email: info@donwoodphotography.com.au

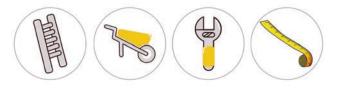
#### Diverse educational programs that challenge and inspire students

Gift Card

## **CAREERS NEWS**

## WH&S White Card Induction Course

There are still a few still seats available in a White Card Training Course being delivered at school on Thursday 16 March (Next Week!). The course is being delivered by the external registered training organisation, CHS Training. The normal cost would be \$150;



however, we have subsidised this, making the cost to an individual student \$75. I have given numerous students the permission note and Enrolment Form from CHS training. If any Year 10, 11 or 12 student is interested, please see Mr De Angelis ASAP.



## Everything you need to know about the ATAR in (just over) 2 minutes

HSC students: don't stress! Here's a quick and simple ATAR explainer without all the jargon.

The ATAR is a rank, not a mark.

The Australian Tertiary Admission Rank (ATAR) is a number between 0.00 and 99.95 that indicates a student's position relative to all the students in their age group (ie all 16 to 20 year olds in NSW). So, an ATAR of 80.00 means that you are 20 per cent from the top of your age group (not your Year 12 group).

Universities use the ATAR to help them select students for their courses and admission to most tertiary courses is based on your selection rank (your ATAR + any applicable adjustments). Most universities also use other criteria when selecting students (e.g. a personal statement, a questionnaire, a portfolio of work, an audition, an interview or a test).

The average ATAR is usually around 70.00.

https://www.youtube.com/watch?v=\_NNx5NVFPQk&t=1s

## Living and Studying in Sydney in 2024 - Residential Applications Opening Soon Sancta Sophia College

Applications for 2024 will open in early March. Early application is highly advised.

Most undergraduates reside in the Heritage (Main) Building, built in 1926. Here, female students undertaking their first degrees enjoy a space that is calming and inspiring, lending itself to academic achievement and the forging of lifelong friendships. Residents join us from all over Australia and the world as domestic, international and exchange students. Our tradition of being a home away from home for women from regional Australia remains strong today.

https://www.sanctasophiacollege.edu.au/undergraduates/accommodation/

## **Science and Engineering Challenge**

Dates from 28 March

The Science and Engineering Challenge is a national program, running Challenge Days (for high school students) and Discovery Days (for primary school students) across every state and territory in Australia. Follow the link below to find an event in your area.

https://www.newcastle.edu.au/college/engineering-science-environment/education/ science-and-engineering-challenge/events



## CAREERS NEWS continued... NIDA

#### NIDA Holiday Course - NIDA Drama School, Years 7-10 17 - 21 April

A comprehensive course for committed young people. Develop performance skills including improvisation, voice and movement, devising, acting and rehearsing scenes.

https://www.open.nida.edu.au/course/OHNDS710

#### NIDA Holiday Course - Auditions and Screen Tests, Years 11-12 11 - 13 April

Become confident in how to present yourself to a theatre or screen director, practice auditions for theatre, film and TV. Participate in a 'mock audition', receive constructive feedback on your audition preparation and technique.

https://www.open.nida.edu.au/course/OHAST1112

#### NIDA Holiday Course -Screen Acting Boot Camp, Years 11-12

11 - 13 April or 15 - 16 April

Identify and experience the essentials of screen acting. Build your on screen confidence as you develop skills in improvisation, character development and script work.

https://www.open.nida.edu.au/course/OHSB1112

### NIDA Holiday Course - Introduction to Acting, Years 7-10

14 April

Want to explore performance and acting but not sure where to start? Take your first step into the spotlight with this fun and practical, one day introduction to acting. Experiment with improvisation, acting and character development, then road-test your new skills on a short contemporary script. Receive practical advice from your NIDA tutor on how to further your creative development.

#### https://www.open.nida.edu.au/course/OHIA710

## Forensics Work Experience Years 10, 11 and 12 with the Australian Federal Police

#### Applications Now Open

The AFP Forensic Training Team are planning to host a work experience program targeted at students enrolled in years 10, 11 and 12. The program is designed to give high school students an understanding of what a career in forensics involves, and the opportunity to engage with AFP members working in contemporary forensic roles. We will be looking for candidates who are keen to pursue a career in a science-related field and who have a demonstrated interest in Science, Technology, Engineering and Mathematics (STEM).





# The Search For A Song

Free Music Expression and Song Writing workshop for 12 to 25 year olds!

Calling all budding young artists! If you are 12 to 25 years old, join us for a FREE workshop!

Learn how to get your feelings and thoughts written into song.

All musical instruments provided, doesn't matter if you cannot sing or play music! Facilitated by musicians Scott Greenaway and Matt Zarb.

This 3-hour workshop well help you explore different ways to approach writing lyrics and applying them with melody, harmony and dynamics.

## Friday 17 March 2023 4pm to 7pm

Together we will listen and share, sing and laugh our way to unlocking our creative pathway to expressing ourselves through song writing. Where: Taree Universities Campus. Contact: Scan the QR code or visit the website.



Connect: https://www.eventbrite.com.au/e/the-



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





## A safe and friendly community for children with a disability

Rainbow Club welcomes children with a disability for individualised swimming lessons to learn to swim, be safe in the water, interact, feel included, play and have fun.



#### Swim the Rainbow

- Our unique Swim the Rainbow program has been specially designed to teach children with a disability
- The swimming goals are aligned to the seven colours of the Rainbow to help build confidence
- Individualised swim lessons are delivered by qualified and dedicated swim teachers

#### **Register your interest**

- Vacancies arise at short notice, so we recommend you register and be ready to start swimming with a Club that understands and supports children with a disability (regardless of the type of disability)
- There is an expectation that a parent or guardian will remain close by during lessons to assist if required

#### **About Rainbow Club**

- We provide a membership for the duration of a school term (9 weekly half hour lessons)
- Our social calendar has something for everyone
- Club Committees are run by volunteers
- We can't wait to see you at Rainbow Club soon!

Rainbow Club is a network of social swimming clubs for children with a disability

Join us! Sign-up online at myrainbowclub.org.au/register/

myrainbowclub.org.au

- (f) rainbowclubaustralia
- 🔘 rainbowclubaustralia
- 🕑 RainbowClubAust
- Rainbow Club Australia



eSafety 101: how eSafety can help you

Thursday, 23 March 2023, 7:00-7:35 pm AEDT

The P&C Federation is pleased to be partnering with the eSafety Commission to host this webinar for our parents and carers.

The webinar is designed for parents and carers of young people in primary and secondary school.

It will cover:

- What we mean by "eSafety"
- What you can report to the eSafety Commission
- helpful advice and resources for parents and carers

#### Speaker

• Greg Gebhart, Senior Trainer, eSafety Commissioner

This webinar will be facilitated by P&C Federation NSW.

#### Registration

This webinar is presented via the eSafety Commissioner's platform. <u>It will not be recorded for viewing</u> <u>later</u>. However, there are a range of resources and links to other webinars for parents on the eSafety website.

Please note that when you click on the webinar registration link you will be taken to the website of the eSafety Commissioner. The information you provide e-Safety at registration will only be used for the purpose of communicating to you about the webinar.

#### **REGISTER NOW**

We encourage you to promote the webinar to other parents and carers, and through your local school communities.

## **P&C Federation Team**



#### 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.



#### Principal Deputy Principal Address: Telephone: Email: Web:

Mrs Trudi Edman Mr Mik Wisely 129 Ravenshaw Street, Gloucester NSW 2422 6558 1605 gloucester-h.school@det.nsw.edu.au www.gloucester-h.schools.nsw.edu.au