

School Calendar

Monday 9 October

Students return Term 4

Thursday 12 - Friday 13 October

Quad bike training

Thursday 19 October

Y7/8/9 Cyber Safety Talks

Monday 23 Oct - Friday 3 November

Y11 VET Work Placement

P&C

Our next P&C meeting will be:

Monday 16 October - 6.30pm - Room AG03

CANTEEN - Phone 65589963

Monday 9 October

Gai

Tuesday 10 October

Amanda

Wednesday 11 October

Merrilyn

Thursday 12 October

Kelly

Friday 13 October

Gai

Monday 16 October

Gai

Tuesday 17 October

Amanda

Wednesday 18 October

Merrilyn

Thursday 19 October

Kelly

Friday 20 October

Gai

Follow us on facebook



FAREWELL & GOOD LUCK, YEAR 12

Set your goals high and always dream big, because you're only as big as the dreams you dare to live. I know your future will be so bright, and I look forward to hearing about your future successes.

It has been a privilege to be Year Adviser to our departing Year 12s over the past 6 years. I have had the pleasure of watching them grow and mature into the young people they are today. They are the type of people that make you laugh, make you cry, and make it easy to come to work every day. I think we can all agree that we are proud of the people our Year 12s have grown up to be.

"So often you find that the students you're trying to inspire are the ones that end up inspiring you." — Vicky Davis

Mrs Toni Stanton, Year 12 Year Adviser



Photo Credit - Thanks NigeMc Photography!



Care Achievement Respect Effort Responsibility

129 Ravenshaw Street, Gloucester NSW 2422 / P 02 6558 1605 / F 02 6558 1229
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PRINCIPAL'S REPORT

This week we farewelled our Year 12 students. The week started with them coming dressed as teachers and participating in the assembly as teachers. It was a very light-hearted morning and beautifully embraced by staff and students. On Tuesday the students brought their gear to school in a variety of bags and receptacles, and again dressed in alternate outfits. On Wednesday they had water games on the basketball and netball courts during the designated break time. Importantly they had fun and enjoyed the camaraderie of their peer group. The week also provided time for teachers to finalise revision in readiness for the HSC and to personally wish students well in the exams and their future endeavours.



On Thursday, family and friends of Year 12 joined the staff for a farewell breakfast and to exchange stories from throughout their time in high school. The celebration continued with the formal graduation assembly in the hall where their 13 years of schooling was remembered with speeches and a slide show; students awarded their graduation certificates, reports, academic certificates and a number of special awards; cake cutting and to be clapped out of the school hall for one last time. Our Year 12 students have done our school proud, and we wish them every success in the coming exams and their journey in life.

Another busy term has come to an end. There have been many infrastructure improvements this term with many more to occur during the holidays and into next term.

On behalf of all staff, I would like to wish you a safe and relaxing spring holiday with family and friends.

Mrs Trudi Edman, Principal

STAY HEALTHY HSC HUB

With the HSC quickly approaching, we understand that this can be a stressful time for students and families.

It can be overwhelming for students to think about everything they need to do in the lead up to the HSC, what path to take after school finishes and anxiety around what will happen if they don't achieve the marks they want.

To help with this time and provide students with the best chance at succeeding, the Stay Healthy HSC hub is available.

The hub contains HSC resources to help students and families with:

- Study tips and tricks
- Physical health and wellbeing
- Exam time
- Life after the HSC

Visit the Stay Healthy HSC hub - <https://education.nsw.gov.au/student-wellbeing/stay-healthy-hsc>

Students are encouraged to contact one of the channels below for additional support.

- au.reachout.com, online student chat
- kidshelpline.com.au / 1800 55 1800

Please contact the school if your child needs further support during this time.



Year 12 Special Awards

Jorja Beard

Gloucester High School Captain

Nicholas Maslen

Gloucester High School Captain

Adelaide McIntosh

Gloucester High School Senior SRC

Natalie Rayner

Gloucester High School Senior SRC

Ryan Beggs

Gloucester High School Senior SRC

Josephine Fitzgerald

Australian Defence Force Long Tan Leadership and Teamwork Award

Demonstrates leadership and teamwork within both the school and the community, displaying strong values, such as doing one's best, respect for others and "mateship"



ADF Long Tan Leadership and Teamwork Award

Jorja Beard

Ampol Award for the 'Best All Rounder'

Recognises commitment in academic, leadership, sporting and community service activities

Ella Howe

Reuben F Scarf Award for Commitment

Recognises consistent effort and desire to improve

Jorja Beard

Gloucester High School Award

Natalie Rayner

Recognises achievement through Motivation and Commitment

Katrina Channon

Toreen Denyer

Natalie Rayner

Gloucester High School Service Award

Jorja Beard

For commitment and service to Gloucester High School throughout their school career - Donated by Gloucester High School P&C

Adelaide McIntosh

Charles Tonks



Gloucester High School Awards

Recognises achievement through Motivation and Commitment



Gloucester High School Service Awards

For commitment and service to Gloucester High School throughout their school career

Ella Howe GHS Black OPAL Award 2023
*for achieving the greatest amount of
 Black OPAL Awards for 2023
 (Ongoing Performance Assessment Log),
 awarded every 4 weeks for engagement,
 enthusiasm, effort and application in the classroom
 Donated by Gloucester High School P&C*

Ella Howe Derek Kerry Memorial Science Award
*Demonstrates commitment and understanding
 of Science concepts. Donated by Mrs Suzanne
 Landers in memory of Derek Kerry, former
 student and teacher of Gloucester High School*

Jorja Beard Tim Westcott Memorial Award
*For exemplary commitment to Drama
 Donated by Gloucester Arts Cultural Council
 (GACCI) in memory of Tim Westcott, former
 teacher and member of GACCI*

Nicholas Maslen John Tight Memorial Award
*For Senior Woodworker of the Year
 Donated by Mrs Janet Nolan in memory of
 John Tight, former student of
 Gloucester High School*

Ella Howe Leone Hooke Memorial Award
*For excellence in English
 Donated by the Hooke family in memory of
 Leone Hooke, former teacher at
 Gloucester High School*

Jessica Murray P&C Ag Sub-Committee Agricultural All
 Rounder Award
*For Commitment and Application to Agriculture
 Donated by Gloucester High School P&C and
 Mustang & Co Saddlery*

Jazmyne Rolvink Turner Freeman Award
*For achievement in Legal Studies
 Donated by Turner Freeman Lawyers*

Ella Howe Wayne Mavin Maths Award
*Displays excellence in mathematics
 Donated by Wayne Mavin and Co. Bespoke Joinery*



Leone Hooke Memorial Award



John Tight Memorial Award



**P&C Ag Sub-Committee
 Agricultural All Rounder Award**

**Adelaide McIntosh &
Charles Tonks**

GHS Music Award

For outstanding Commitment to music throughout their school career

Donated by Mrs Judith Ingram

Katrina Channon

Mid Coast Connect Vocation Education and Training (VET) Award

Displays excellence in Vocational Education and Training.

Donated by Mid Coast Connect

Natalie Rayner

NSW Premier's Sporting Challenge Medal

For Commitment and contribution to sport and physical activity programs

Ella Howe

First in Year 12

First in:

First in Biology

First in Chemistry

First in English Advanced

First in Mathematics Advanced

First in Mathematics Extension

First in PDHPE



Natalie Rayner

Second in Year 12

First in:

First in English Standard

First in Mathematics Standard 2

First in Software Design & Development

Second in:

Second in Investigating Science

Second in PDHPE



Jorja Beard

Third in Year 12

First in:

First in Drama

First in Modern History

First in History Extension

Second in:

Second in English Advanced

Second in Legal Studies



YEAR 12 MUCK UP WEEK



Diverse educational programs that challenge and inspire students

YEAR 12 MUCK UP WEEK



YOUTH LEADERSHIP CHALLENGE

Juana, Education Officer from MidCoast Council attended our Monday morning assembly to present students with certificates for their participation in the Youth Leadership Challenge at council chambers recently. Activities involved a quiz-style challenge to test students' knowledge of local government in the MidCoast local area, an introduction to opportunities in local government delivered by community leaders and key council staff and a tour of Yalawanyi Ganya to see what happens behind the scenes at council. Congratulations to the following students:



Left to right:
Abbey Seale
Mackenzie Schafer
Thomas Troope
Xavier Soupdis
Juana (MCC)
Tallulah Ashby
Jorja Beard
Chelsi Harrison
Jazmyne Rolvink

MC CLASS CANVAS PAINTINGS

The MC Class are busy creating canvas paintings. Some students have even taken their own reference photographs using the school DSLR cameras. They have learned how to use the grid method to upscale these images and are developing their colour mixing skills. Things are beginning to take shape. Well done everyone.



YEAR 7 CRAZY CLAY CREATURES

Year 7 have done an amazing job going extra crazy with their Clay Creatures. They almost all survived the bisque firing too! Glazing is now complete and the final firing will take place during the holidays. Here is a selection in the kiln ready for their first firing in the kiln.



YEAR 8 HERO PAINTINGS

Year 8 have been finishing off their 'Split Hero' portrait paintings this week. Students started with half a reference image glued down onto their paper. They then had to mix and match paint colours to complete the other half. Fantastic job Year 8.



YEAR 10 AG

Year 10 Ag students were asked to research the management and other factors affecting large scale commercial enterprises. In the assessment, students were required to apply the principles of Agribusiness to a practical application of either a beef reproducing herd OR a flower production enterprise. There was a focus on the financial, marketing, and operational aspects of running an Agribusiness, including decision-making processes and potential challenges faced in the chosen area.

Fresh flowers - I am pleased to announce, we now have a flower enterprise to manage and operate. Students researched and selected varieties of flowers that will grow in our soil type and climatic conditions. We've planted and cared for these seeds over the last few weeks, and we have germination! Our aim is to provide fresh flowers for sale through the front office, similar to our produce boxes, during term 4. Stay tuned.

Beef Reproduction - After viewing our heifers and cows on the school flats, student researched different bulls that would be suitable to use as a terminal sire based on several factors. After consideration of birth weights and growth rates, our semen was ordered and used. We are all hoping for a good conception rate and are waiting in anticipation for calving to begin in winter 2024.

Thank you to:

Jack Laurie at Breeder Genetics for organising majority of the semen.

Macka's Pastrol Co for the donation of selected semen straws.

Liam Mowbray of Angus Australia for his veterinary services in conducting the AI program.

James Hooke who helped in the lead up work and for supplying a mop up bull from Skibo Angus.

Mrs Sally Andrews, Ag Teacher



YEAR 9 AG - COWS CREATE CAREERS

This term in Agriculture, Year 9 have been involved in the Cows Create Careers program. High school students build both technical and transferrable skills through raising a calf, undertaking research and projects aligned to the curriculum whilst being introduced to industry advocates who explain the variety of career opportunities in the dairy industry.

We extend our thanks to Speldon Dairy for their generous contribution to our Cows Create Careers program in 2023. Their donation of two dairy bull calves represents not only a significant investment in our educational initiatives but also a commitment to fostering agricultural education within our community. These calves have served as invaluable educational resources, allowing our students to gain hands-on experience and learn about dairy farming.

Mrs Sally Andrews, Ag Teacher



YEAR 7 VISIT MIRRABOOKA PLACE

On Wednesday, Year 7 walked to Mirabooka Place to visit residents and read books aloud to them. Students worked in small groups and selected a book from the library to take on our excursion. Mirabooka Place were so happy to see Year 7 as a follow up to their visit in Term 1 and there were many lovely compliments about the students' positive attitudes, their school uniform, and their reading. Residents also enjoyed the opportunity to share some of their own stories with Year 7, which was lovely to watch the connections across generations.

As we were leaving, some students were already making plans for our next visit. As teachers, we were very proud as students demonstrated our CARER values and represented their school with pride.



YEAR 7 ARCHAEOLOGICAL DIG

This term, Year 7 Humanities have been studying Ancient Egypt. As part of their study, they spent two days on an archaeological dig site at school. During this experience, students learnt the skills and processes used by archaeologists to excavate historical artefacts. Students excavated a range of artefacts including pottery, canopic jars, jewellery, animals bones, a fake human skeleton, a sword and many more.

Ms Layne Ross, HSIE Teacher



YEAR 10 FIELD SKETCHING

Year 10 are currently working on the Year 10 Geography Project assessment. In this task they are required to complete fieldwork to help them answer questions about their local environmental issue. 10B Geography have been learning how to field sketch.

Here they were learning how to use grids to sketch part of the natural landscape.

The task is due in Week 2 Term 4.



YEAR 8 CAMP

On Monday 11 September, Year 8 Travelled to Camp Elim. This was an opportunity to make up for the camp they missed in Year 7. Everyone was very excited to be able to experience our first whole year group excursion. When we arrived, after dropping our bags at the cabins, we got straight into our first activities. There was a rock-climbing adventure tower, a giant swing that dropped students from a great height, canoeing and archery. That night everyone converged in the dining hall for a number of team building challenges, building towers to support a freddo frog was a particular favourite but we also enjoyed a murder mystery. After a night of very little sleep and lots of giggles everyone dragged themselves to breakfast and then their final activity. Before leaving we had a few games of basketball and tips and then loaded everyone onto the bus. We all had a great time, but there were a few weary travellers on the way back.

Ms Jocelyn Wray-Davis, Year Adviser



YEAR 8 CAMP continued...



YEAR 9 MARINE

Last week Daniel Trudgeon, from Hunter Local Lands Service, came in and spoke to Year 9 Marine about riparian zone management. Specifically, discussing the habitat requirements and biology of the Manning River Helmeted Turtle. Students then completed a Riparian Assessment of the school river site.

It was a fantastic opportunity for our students. Thank you Daniel.



HARRY WELLS RUGBY LEAGUE 9'S

Last Thursday, the U16 and U/14 boys travelled to Port Macquarie to participate in the Harry Wells Rugby League 9s.

U14s

The students who represented GHS in Port Macquarie were outstanding and did our school and community proud.

Game 1 was against Manning Valley Anglican College who defeated us 4 tries to nil.

Our students got together, identified our weaknesses and made some changes for game 2 against Macleay Vocational College. With only minutes to go the score was nil all and it was only in the last minute they scored a lucky try from a kick to get in front.

Our last game against Hastings Secondary College was a tough encounter with them getting out to a big lead and Gloucester trying to stop their strong attack. In the last 3 minutes of play the ball was passed out to our wing and into the hands of Nash Griffin who barged his way over for our first try of the day.

Archie Ribbons stepped up to kick the field goal conversion from the sideline and in a strong head wind, struck the ball well, and as it sailed towards the goal posts it bounced off the cross bar and back into the field. All students put in their best.

Thanks for being a great group to coach. **Mr Mik Wisely, U14s Coach**

U16s

The U16s played 3 games for the day. Game 1 against Melville was a tight affair with Gloucester going down 3 tries to 2. Mitch Whitby scoring both of our tries.

Game 2 saw us play the eventual winners of the day, St Joseph's Regional College. Gloucester went down 5 tries to 2 with Mitch Whitby and Will Wooster scoring our tries. Highlight of the game was the Matt Burton like torpedoes that Rhys Summerville was putting up!

Game 3 was against Toormina High School. We came away with a draw, 2 tries each. Tries to Andrew Fraser and Mitch Whitby.

Mr Adam Cameron, U16s Coach



SPECIAL RELIGIOUS EDUCATION (SRE) EXCURSION TO CAMP ELIM

Students from Yrs 7 & 8 travelled to Camp Elim to enjoy some outdoor activities while considering some of the lessons of life and faith investigated week by week in the classroom. Many took on and even overcame the challenge of ascending the 13m high tower harnessed to a rope and supported by classmates. In similar ways, faith in Jesus can help us overcome the challenges we face in life. All students enjoyed the activity of archery being encouraged that, while there are many times we miss the centre and sometimes even the target itself, God has given us a way to have even our greatest mistakes made up for. And when the weather turned sour, the spirit of adventure was not dampened, as many still took to the water on paddle boards proving that most experiences in life are better enjoyed together.

Thank you to all the students and their great participation on this day. Also, thanks to Colleen Sorrenson our teacher in charge, Pastor James Brookes, and Newman Patmore and Sue Thomas who catered for us.

Luke Hester, SRE Teacher



SCHOOL BASED TRAINEESHIP AND APPRENTICESHIP PROGRAM

It's Wednesday morning. I am heading off to my School-Based Traineeship at the local patisserie Batter & Dough. I am looking forward to another day at work. This traineeship will provide me with valuable workplace experience that will hopefully open opportunities for me when I leave school. Gloucester High currently has 17 students in years 10, 11 and 12 completing a School-Based Traineeship (SBAT) just like mine, which is a remarkable achievement for such a small town.

An SBAT is when students work 1 day a week for 2 years, sometimes longer at a selected workplace. They attend school for the other 4 days while completing a Vocational Educational Training (VET) course either in school or at TAFE and are required to work for 100 days of paid work. Students must be enrolled in a VET course to complete a SBAT.

Gloucester High School currently has 17 students completing this course in years 10 to 12 and a few more that might be signing up next year. These are being completed at our local Hospital, cafés, beef and dairy farms, automotive and mechanical services, preschools, and other community organisations. Having 17 traineeships is quite a significant amount for such a small rural school of approximately 145 students in years 10, 11 and 12. This amounts to 12% of those students completing an SBAT which counts towards their HSC. This arrangement must benefit both the employer and employee. It's the responsibility of the student to organise and negotiate their position.

Gloucester High School careers advisor Michael De Angelis plays an influential role in guiding our students through this process to ensure that they achieve success. He says that "One reason why it's such a successful initiative is Gloucester is such a supportive community, also many students are made aware of School-Based Traineeships through year 9 and 10 career lessons".

SBATs are not for everyone, the students that are planning to go to university are discouraged from completing one, so they are able to focus their time on subjects that will take them on a career pathway e.g., university. It also takes a serious commitment to balance their schoolwork and the requirements of their SBAT course to complete Year 12. Students must also be committed to their workplace by turning up to every shift when required. Year 12 student Miranda Yates understands the challenges "It requires organisation to balance your lifestyle as well as achieve the outcomes that you wish to achieve" she said. The most successful students are generally the ones who are motivated, committed to finishing year 12 and gaining employment in the industry. For many SBAT's it's a great introduction to getting a trade.

School Based Traineeships are a really good way to kick start your career pathway. I love every experience at Batter & Dough, I couldn't ask for a better workplace. Some skills I have learnt from my experience at Batter and Dough include making croissant dough, lemon meringue, custard, and many more yummy treats. I learnt about School Based Traineeships through the careers lessons in Year 10 and I can clearly see how my experience can help me achieve my goal of becoming a pastry chef. I would highly recommend completing this pathway to other students as it can lead to many more employment opportunities in the future. With motivation and hard work anyone can achieve their goals.

For more information about School Based Traineeships, contact Michael De Angelis at Gloucester High school on (02) 6558 1605.

Caitlin Campbell, Year 12 SBAT Student



Alex milking the girls at MG & WJ Fraser Dairy



Miranda at the Bucketts Way Neighbourhood Group



Caitlin (the columnist) finishing the almond croissants at Batter & Dough



Blake separating the silverside from the carcass

GLOUCESTER MOUNTAIN MAN TRI-CHALLENGE

A number of our students competed in the 30th Gloucester Tri-Challenge.

The bike section was hotly contested by Christopher Bolton in Year 7 and Luke Shephard from Year 10. While both set excellent times, Luke came in with the fastest time ever recorded by a school student.

Competing in the 'Gloucester Run', Findlay McIntosh came in first, also with an impressive time.

Winning the local junior team section was Tom Maggs, Sam Collie and Xavier Soupdis.

Also, a big thank you to Will Griffis-Powick and Adelaide McIntosh for volunteering on the day.



STUDENT ACHIEVEMENTS

We love to hear about student achievements outside of school! If you have something worth sharing please send in photos and info to gloucester-school@det.nsw.edu.au

Photo Credit -
Thanks for the photos again
NigeMc Photography!



How to Study Until the HSC



The Important Prep

Time Marches On...

- Underestimate your time until the HSC by 5 days
- Count in days, not weeks or months

Set Fixed, Tangible & Realistic Goals

- Let out the steam (go for a run, rant to friends, chat to a counsellor)
- Use a Reverse ATAR Calculator
 - Set realistic expectations
 - ATAR-based goal
 - Marks-based goal
 - Tertiary education goal

Brain Dump With a To Do List

- Write out your overall tasks
- Split into smaller descriptive steps
- Cross them off as you go

Have a Good Study Environment

- Remove distractions
- Study in manageable blocks (i.e. 40 minutes)
- Write everything by hand
- Reward your focus and achievements



The Studying

Syllabus Audit

- On a scale of 1-10, rate knowledge of each dotpoint
- Prioritise 1s (least knowledge) before 10s (most knowledge)
 - Write notes out by hand
 - Use diagrams, flow charts, tables

Error Log

- Silly mistake?
 - Rewrite proper answer
 - Identify key verbs
- Insufficient knowledge?
 - Revise content
 - Rule of 3 (open/semi-open/closed book)
- Not enough time?
 - Practice with less time

Consolidate Knowledge

- Teach someone!
- Write your own practice questions
- Engage in a study group
- Contribute to HSC forum

Practice Makes Perfect

- Open book, full time
- Semi-open book, less 5% time
- Closed book, less 10% time

NIGHT BEFORE

EXAM SLAYING CHECKLIST

On THE DAY



CHECK

your exam location
and start time



EAT

a decent
brekky



DO

a light revision
of your notes
(don't go overboard)



PACK

your bag



LAY

out your clothes



ARRIVE

a little early



SET

your alarm



AVOID

any people that
stress you out



VISUALISE

yourself being
calm and confident
in the exam room



TAKE 2

minutes and
practice deep and
slow breathing



GO

to bed early
enough to get a
good amount of
sleep



GET

comfortable in
your assigned seat
and then get to
work



REACH
OUT.COM



I AM A
GIRL
I CAN DO
ANYTHING
COME
N
TRY



GIRLS BASKETBALL

IT'S FUN & FREE

Tuesday 3rd October

4.5 - 9yrs: 1 - 2pm (Come & Try)

10-18yrs: 2:15 - 4pm (Come & Play 3x3)

Taree Iron Arena
Cnr Bligh St & Recreation Drive

SIGN UP NOW

www.bnsw.com.au/i-am-a-girl



BASKETBALL NSW

I am a Girl, I can do Anything - Coming to Taree these school holidays!

With special guest coach, former NSW Country Junior: **Isla Juffermans**

Isla is just returning from her trip to China with the Opals and will be at this camp to inspire Taree's future Opals.

Girls.... come and learn something new, be active and have fun playing 3x3 basketball with your friends!

- Iron Arena, Cnr Bligh & Recreation Drive, Taree
- Tuesday 3rd October 2023
- 4.5yrs - 9yrs: 1pm - 2pm (Come & Try session)
- 10yrs - 18yrs: 2.15pm - 4pm (Come & Play 3x3 Basketball).

Get your friends together and come along to play **GIRLS ONLY** 3x3 Basketball.

The day is free, but to assist with our planning, we do ask that you to register using the link below:

<https://membership.mygameday.app/regofrm.cgi?formID=98307>

The I AM A GIRL Program is supported by the NSW Government's Strategic Focus on women and girls in sport through the #HerSportHerWay program and is a part of the overall NSW Legacy Program Pillars, the FIBA Women's Basketball World Cup 2022 and the Office of Sport.



SUMMER FOOTBALL

Registered Junior 9yrs - 13yrs	\$30.00
Unregistered Junior 9yrs - 13yrs	\$45.00
Registered Senior 14yrs - 17 yrs	\$42.30
Unregistered Senior 14yrs - 17yrs	\$51.50
Registered Senior 18yrs+	\$50.00
Unregistered Senior 18yrs+	\$90.00

Competition Commences Wednesday 11th October, Concludes Wednesday 6th December 2023

A registered player is someone who has played soccer during the Winter Season 2023

Active Kids Vouchers accepted

REGISTER NOW: www.gloucestersoccernsw.org

Registrations Close Monday 9th October, 5pm

REGISTRATIONS NOW OPEN

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 &
Communities

Principal
Deputy Principal
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Web:

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