GLOUCESTER HIGH SCHOOL

Quality education in a caring, innovative environment.

School Calendar

Tuesday 2 - Friday 12 April Y10 Work Experience

Tuesday 9 April Y12 Information Night

Thursday 11 April Y11 & Y12 Road Safety Talk - cancelled RYSTEM Engineering Challenge

Friday 12 April Last day Term 1

Monday 29 April Staff Development Day

Tuesday 30 April Students return Term 2

Thursday 2 May Athletics Carnival

Friday 3 May ANZAC Ceremony TOCAL Field Day UNE Open Day Zone Cross Country

Friday 10 May Do it for Dolly Day

Monday 13 - Friday 17 May Wingham Beef Week

Tuesday 14 May Y7-10 Netball Gala Day

Wednesday 15 May Y7/8 Boys & Girls Touch Football Gala Day

P&C

Our next P&C meeting will be: Monday 20 May 2024 6.30pm - Room AG03

CANTEEN - Phone 65589963

Monday 8 April Gai Tuesday 9 April Amanda Wednesday 10 April Kelly Thursday 11 April Merrilyn Friday 12 April Gai

Follow us on facebook



NEWSLETTER Friday 5 April, 2024

GLOUCESTER SHOW

Our school was well represented at the Gloucester Show this year. From leading and judging cattle, to pavilion exhibits and catering assistants. We were busy!

Well done to everyone who participated, whether through the school or independently, it was great to see everyone's hard work on display!

Continued on page 12...



Care Achievement Respect Effort Responsibilty

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

I hope you had a wonderful Easter long weekend and enjoyed the time catching up with family and friends.

Term 1 is just about complete. Our students have achieved many successes both within and outside the classroom. Thanks to the teachers who provide a holistic curriculum, to the office staff who manage the organisation behind the scenes and to you, our parents, who support our students in these amazing opportunities.



Term 2 commences for school staff on Monday 29 April and for all students on Tuesday 30 April. On the Monday, teaching staff will focus their training on: Supporting writing through

the secondary curriculum, HSC Strategy - high leverage strategies in the classroom, and a session specific to each faculty area.

I would like to invite our students to join us for the Gloucester community ANZAC Day march and service. We will meet outside Club Gloucester at 10.15am dressed in full school uniform. Our Senior Student Executive will lead our school in the march, give an address and lay a wreath on behalf of students and staff.

Another important event that I would like you to add to your calendar is a presentation by Dr Wayne Warburton, Professor of Developmental Psychology at Macquarie University, on screen addiction in young people, how families and community can help their children and teens better manage screens and what to do if their screen use becomes a problem. This event will be held in the school hall on Monday 27 May at 6pm.

Many thanks to our 2025 Year 7 families who braved the inclement weather yesterday to attend the first of many transition to high school events and meet their Year Adviser Ms Sue Keirstead. We had over 130 attendees. This very hands-on event started with a simulated archaeological dig which highlighted key aspects of learning for students (collaboration, leadership, ethics, history, creating and testing hypotheses based on evidence and writing up findings). Thank you to Ms Ross and Ms Enks for leading this activity. Following this, Mr Wisely and Mr Proctor took parents on a short tour of the school and engaged them in an activity that will inform our planning for Year 7, and after a few questions from the students, Ms Keirstead took them on a short tour and into the playground to play handball. The evening concluded in the hall with a few more staff introductions and question time. A great beginning for our 2025 Year 7 students and parents.

Best wishes to all for an enjoyable and fun filled autumn vacation.

Mrs Trudi Edman, Principal

Yr 12 Parent/Carer and Student Information Evening

Where: Gloucester High School Library

When: Tuesday 9 April 5.30 - 7.00pm

Aim: To support all Year 12 students with strategies and ideas for studying and HSC success.

What to expect

- To gain insight into how Year 12 currently study based on their feedback
- Ideas and strategies to support study at home and school
- Discussion between parents/carers & students to establish mutual expectations
- Senior study centre and success in the HSC, current research
- Reminder of all supports and procedures in place to support students during their HSC
- Some time to ask questions



Are you concerned about the amount of social media screen time your child is using?

If so please join us to hear **Dr Wayne Warburton**, Professor of developmental psychology at Macquarie University, talk to us about the impact of social media on the developing brain and how it can lead to addiction and affect learning, emotional regulation, and mental and physical health.

When: Monday 27 May 2024

Time: 6pm

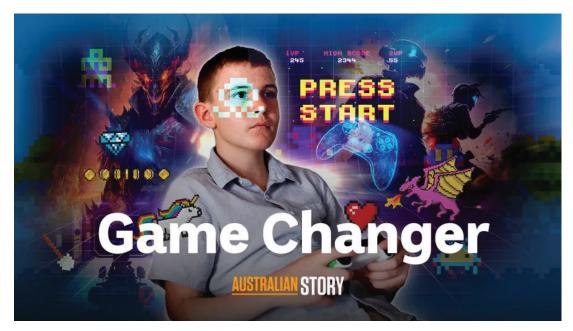
Where: Gloucester High School Hall



About Dr Warburton

Dr Wayne Warburton is a Professor of developmental psychology at Macquarie University and is also a registered psychologist. He has spoken to numerous parents and professionals who work with children over the last 15 years, particularly around issues related to media use and screen disorders. His publications in scientific journals and books are primarily on topics around aggressive behaviour, the impact of violent and pro-social media, and screen overuse and addiction. He is co-author of the books *Growing Up Fast and Furious* and *The Importance of Media Literacy*, and of several statements by international panels of experts, including the International Society for Research on Aggression *Statement on Media Violence* and *Statement on Risk Factors for Youth Violence*, the Society for Psychological Study of Social Issues *Research Summary on Media Violence*, and the world experts' *Statement on Video Game Violence* used in the US Supreme Court case of California vs. Entertainment Merchants. His work and his RES@T-A program were the subject of a touching *Australian Story* on the ABC that followed two wonderful teen boys with a screen disorder through the program (March 6, 2023;

https://iview.abc.net.au/video/NC2302Q002S00), and a new intensive weekend intervention program with Brad Marshall is the feature of a Channel 7 Spotlight program scheduled to air on April 21, 2024. Wayne has won more than 25 awards for his scholarship and teaching, including four from the Australian Psychological Society, and most recently the 2018 Distinguished Scientific Contribution to Media Psychology and Technology Award from the American Psychological Association.



YOUR CHILDREN NEED YOUR HELP

Due to a lack of numbers at our P&C meeting held on Monday night, our Parents and Citizens Association is at risk of disbanding. The P&C plays a vital role in our school community; overseeing the running of the canteen, supporting our Agricultural programs, fund raising and providing parents with an opportunity to contribute to school programs and their children's education.

Without enough community support, we will be forced to close the canteen and reduce our Agricultural programs. Your involvement in the P&C is not only crucial for these activities but also provides a valuable opportunity for parents to contribute to important school decisions.

If you are able to help out in any capacity, please contact Steve Bignell - 0429988101 or Rob Seale - 0429 444 393.



Potential cancellation if the numbers on P&C don't increase. No P&C = No Beef Week!



To ensure our canteen remains open, we need your support. No P&C = No Canteen



MAKE SURE YOUR CONTACT DETAILS ARE UP-TO-DATE

Parents/carers, if you have changed any details e.g. your address, mobile phone, home phone, email address or emergency contacts, please make sure you let the school office know or enter your request for change on the Parent Portal, so we are able to keep an accurate record.

It is important for us and your children that we are able to contact you in case of an emergency.

YEAR 9 EDUVENTURE

In a captivating event orchestrated by the Taree University Campus (TUC), Year 9 students were immersed in the realm of career aspirations. Part of the EduVenture program spanning from Year 8 to Year 10, this event featured local professionals who generously shared their insights and experiences with our students.

The event showcased a lineup of esteemed guest speakers who volunteered their time, including:

- Matt Clinch from LevelTec Engineering
- Laura Matthews from Dairy NSW
- Trudy Schultz from Accommodation Gloucester
- Erin Lute, Senior Project Officer for Regional Industry Education Partnerships
- Marnie Barkwill, Business Owner of Milkbar 73

Each speaker offered a distinctive perspective on the challenges and motivations influencing career choices. The resounding message emphasised resilience and the significance of pursuing one's dreams. An additional and consistent piece of advice was to embrace new experiences, as exploration can lead to unexpected positive outcomes.

Students were urged to think expansively and delve into their passions, with speakers spotlighting the diverse array of opportunities available in today's workforce. Whether in hospitality, agriculture, STEM fields, or beyond, the resounding message was clear: the future is theirs to shape.

The event not only provided invaluable career guidance but also served as a reminder of the boundless possibilities awaiting these students as they journey into adulthood. A highlight of the event was the interactive Q&A session, where students had the opportunity to ask specific questions and tailor the conversation to their interests.

The EduVenture program is committed to guiding students through their career exploration, assisting them in making informed decisions and unlocking their full potential.

Mr Michael De Angelis, Careers Adviser







GLOUCESTER HIGH SCHOOL

HOMEWORK HUB AND NIGHT LIBRARY

TUES - YR10-12 - TIME: 4.30 - 6.45PM WED - YR7-9 - TIME: 3.10 - 4.30PM





GLOUCESTER HIGH SCHOOL

NIGHT LIBRARY

Are you requiring some extra support to complete your assessment tasks or help with study? Our Homework hub is opening TERM 2 - Wednesday afternoons from: 3.10 -4.30pm in the school library

SUPPORT INCLUDES:

- How to set out Assessment tasks
- Organisation and time management
- Study Skills
- Completion of homework

EVERY TUES/WED AFTER SCHOOL

More info:

129 Ravenshaw St, Gloucester

Margo Cameron 02 65 581 605

SUPPORTING STUDENT LEARNING BEYOND THE CLASSROOM

HOMEWORK HUB AND NIGHT LIBRARY Supporting student learning beyond the classroom.

Gloucester High School staff will be opening up an opportunity for students to access additional support outside of school hours twice a week starting Term 2. The Night Library has been running during Term 1 for seniors only on a Tuesday evening. This will now be opening up for Years 10, 11 and 12 as of the beginning of Term 2. The Homework Hub will also be starting once a week for Years 7, 8 and 9 each Wednesday afternoon at the school library.

Night Library, Tuesday 4.30 – 6.45pm – Years 10, 11 and 12.

Homework Hub, Wednesday 3.10 – 4.30pm – Years 7, 8 and 9.

The Night Library and Homework Hub are operated by experienced staff who can assist students with their homework and school assignments. Homework is seen as a vital part of learning and students can expect to have either assignments or homework in each of their subjects.

'Homework refers to tasks assigned to students by their teachers to be completed outside of the classroom. Common homework assignments may include a quantity or period of reading, writing, problems to be solved, a school project to be built or other skills to be practiced'.

This service is especially beneficial to those students looking for a quiet place to concentrate on their learning outside of their home, or to those seeking help with a particular homework problem or their assignments.

Students are required to sign in to the Night Library or Homework Hub before entering the library and will be supervised between assigned hours, before being escorted off school premises by one of the supervising teachers. Students are also required to maintain school rules and expectations, work quietly, and use the school resources respectfully and appropriately.

For any enquiries, please contact Mr Michael Malone or Mrs Margo Cameron on 6558 1605.

FROM THE MC ROOMS

The MC classes have been busy with Easter craft, making ANZAC biscuits, and ceramics in art.



SPORT REPORT

Early next term will be very busy for sport at Gloucester High. See below for the sporting events that are happening in the first 5 weeks of Term 2!

Athletics Carnival

Our Athletics carnival will be held at the Kay Green Memorial track on Thursday 2 May (Week 1 Term 2). The backup date is Thursday 9 May. This is an all-day carnival and students are asked to go directly to the track. Those who catch a bus will be dropped off and picked up at the track by their normal buses. Students will compete in events throughout the day in their age groups. A BBQ will be provided by the SRC with sausage sandwiches and drinks for sale. Prices to be confirmed.

Due to time restraints, not all track events are able to be run on the day. 400m, 800m and 1500m events may be able to be run during the lunch break for interested students. Nominations will be accepted for those events not run on the day.

The Zone carnival will be held at Tuncurry on Friday 24 May with the backup being the Friday 31 May.

Notes with more information will be distributed early Term 2.

Zone X-Country

The Manning Zone X-Country will be held Friday 3 May at Taree. Students who have qualified via PE lessons will be given a note in Week 11 of Term 1. Students in Years 10-12 are able to nominate to attend if they are interested in competing.

7-10 Netball Gala Day

NSW Netball will be holding a Netball Gala Day in Week 3 of Term 2 on Tuesday 14 May. Student nominations will be taken early Term 2, and trials will run soon after if necessary.

7/8 Touch football

NSW Touch will be holding a gala day for both boys and girls in Week 3 of Term 2 on Wednesday 15 May at Port Macquarie. Names are currently being taken for these teams and a trial will be held in the near future if required.

Katrina Fenning Cup

The Katrina Fenning Cup Rugby League (tackle) will take place on Friday 17 May at Port Macquarie for both U/14 and U/16 girls. Names are currently being taken for these teams and training will commence next week.

Country Cup Rugby league

The Country Cup will be held Tuesday 21 May for U13, U15 and U17 boys. This event will be held at Harry Elliott Oval, Tuncurry.

HUNTER NETBALL TRIALS

Emma Bignell of Year 11 was recently selected in the Manning Zone team to play three games at Hunter trials on Thursday 4 April at Maitland. Emma had a great experience playing at this level. Well done, Emma!



U14 RUGBY LEAGUE GALA DAY - BUCKLEY SHIELD STATE KNOCKOUT

Our U14 Rugby League team made the nearly 2hr trip across to Hunter Barnett Fields in Windale on Wednesday 3 April. Our squad was very excited and well behaved during the journey.

We had three games to play, first was Warners Bay High School who ended up beating us 18-4, we did hold them to 4-4 at half time. Our second match was against Hunter River High School and we went down 6-12, again a very close game with our team really playing good footy and showing skills above their years.

Our third game was bittersweet. We came away with a victory; 12-6 over Lake Munmorah High School. Our team again showed great character and skills and defended well and played smart in attack, scoring the winning try in the last minutes. The negative from this match was three of our students had to come off the field due to injuries. All three were OK. The NRL staff running the day had all players welfare at the centre of their care.

I would like to thank Mr Adam Cameron for his assistance. Also, to Mr Jason Boorer who coaches the Gloucester Magpies U13s, who attended on the day and was our league safe representative. He is doing a great job with his players, developing a respectful, appreciative bunch of great footy players.

We are looking forward to 2025 and another year of growth with the boys. Next year we might go all the way!

Mr Mik Wisely, U14 Rugby League Coach



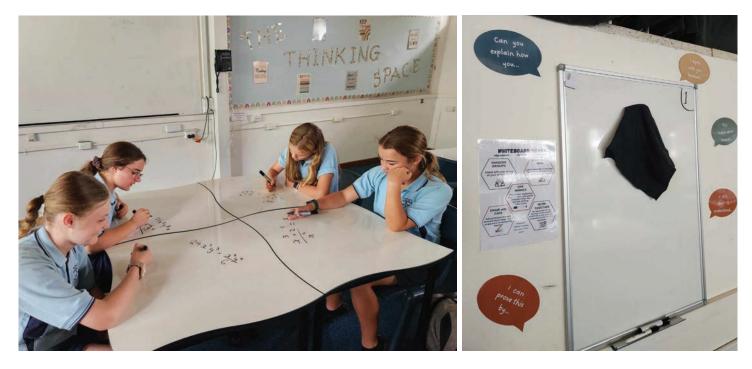
Back: Ryder Martin, Ajay Jolliffe, Eli Stuckings, Joshua Stanton, Rory Ashby, Maison Drury, Beau Laurie, Samuel Wilson, Jarrod Plater, Bradley Higgins, Hunter McKinley, Louis Want.

Front: Pharaoh Genoli, Miller Ribbons, Sam Griffin, Toby Kellehear, Jaxson Galvin, Justin Boorer, Dean Griffin, Corey Everett.

DRAWING ON THE FURNITURE!

We have recently fitted out room CG10 with new furniture to encourage interactive, collaborative and fun problemsolving in STEM classes.

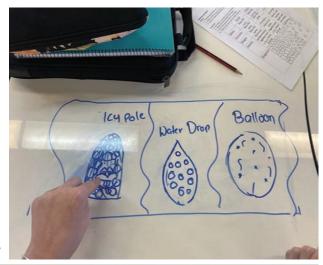
Students can write all over the new desk tops and stand to work on whiteboards on the walls!

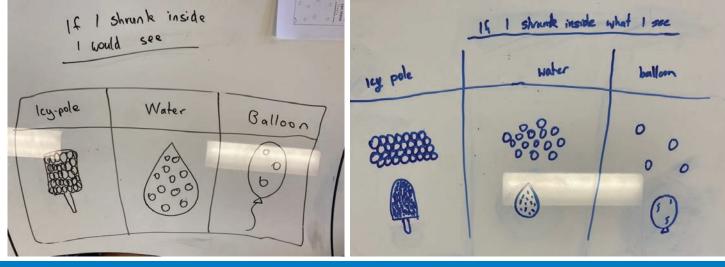


RETRIEVAL ACTIVITY ON PARTICLE THEORY

For this activity, Year 7 STEM students drew their understanding on the new whiteboard desks. Students were asked to draw what they think they would see if they were 'shrunk' to a tiny size and placed inside an icy pole, a drop of water and a balloon. This activity required students to demonstrate their understanding of their learning about particle theory and allowed the teacher to identify if there were any misconceptions regarding particle size and the space between particles in a solid, liquid and gas.

Ms Penny Sear, STEM Teacher





AG FARM VISITS

Last week, Year 9 and 10 Ag students visited Natalie and Michael Simshauser's beef property. This was a fantastic opportunity to view firsthand a backgrounding (trading) beef enterprise. The Simishausers employ experts in varying fields to help inform them of best practices and asked several to be present for our visits. Some of these experts included Mr Ken Maslen who works for Ray White as a stock agent, Mr Troy Richards who is a self-employed agronomist and Mr Trevor Ellis who is a self-employed contractor.

This was a timely visit for both year groups as Year 9 Ag students had an assessment task due on Careers in Agriculture, and Year 10 have an assessment task due early Term 2 on managing a beef operation. Students had the opportunity to hear how these experts have assisted the Simshausers since their arrival to Gloucester 8 years ago, and ask questions regarding their professions.

Additionally, students were able to run a few head through the automated yards, check out the spreader that contained a grass seed mix and fertiliser, as well as enjoy a lovely morning tea at the cottage.

Thank you to Nat and Michael for opening their gates to our students. It was very much appreciated.

Mrs Sally Andrews, Ag Teacher



GLOUCESTER SHOW - CATTLE

Gloucester High Schools prominent involvement in the Junior Cattle Section of the 108th Annual Gloucester Show was evident with 24 students and 6 steers attending. Exemplary behaviour from all students (and animals) allowed for a fun and educational day to be had by all.

It was very pleasing to see so many students new to the cattle show scene, dive in, and get involved in all aspects of the day. This included the oral presentation involved in the junior judging section, where students were required to speak into the microphone and explain their reasons for placing the cattle in the order they placed them. Also, I was extremely proud to stand back and watch the more experienced students pass on their knowledge and calming nature, to assist other students.

A huge thank you must go to several staff members including Mr Chris Murray, Mr James Hooke, Ms Kelly Rees, Mrs Margo Cameron, and Mr Rob Seale. Plus, the amount of parental and community support we received on the day was phenomenal. In particular, a massive thank you to Steve Bignell for transporting our cattle to and from the show, as well as his organisation and stewardship.

Results:

Junior Judging Competition

Congratulations to Irelyn Want, Kaitlyn Beggs, Lachlan Sansom, Reannah Yates, Maitilda Troope, Louis Want, Logan Webeck and Chloe Doolan for making it through to the oral section of the junior judging.

13-15 years – Reannah Yates and Logan Webeck = 3rd, Louis Want 1st

16 years and over - Kaitlyn Beggs 3rd, Lachlan Sansom = 1st and Champion Junior Judge for 2024

Paraders Competition

13-14 years : 2 heats – Logan Webeck, Charlotte Todd, Chloe Doolan making it through to the final with Makaylee Gooch 3rd, Albie Cameron 2nd, Reannah Yates 1st

15-16 years : 2 heats – Amy Rumble, Georgia Ellis making it through to the final with Kaityln Beggs 3rd, Lachlan Sansom 2nd, Irelyn Want 1st and Champion Parader for 2024

17+ : Trisha Richards 2nd

Herdsperson Award

Charlotte Todd 3rd

Theo = Reserve Champion Steer

Gloucester High School was awarded the Most Successful Exhibitor for 2024.

Congratulations to all who attended. I'm looking forward to doing it all again soon.

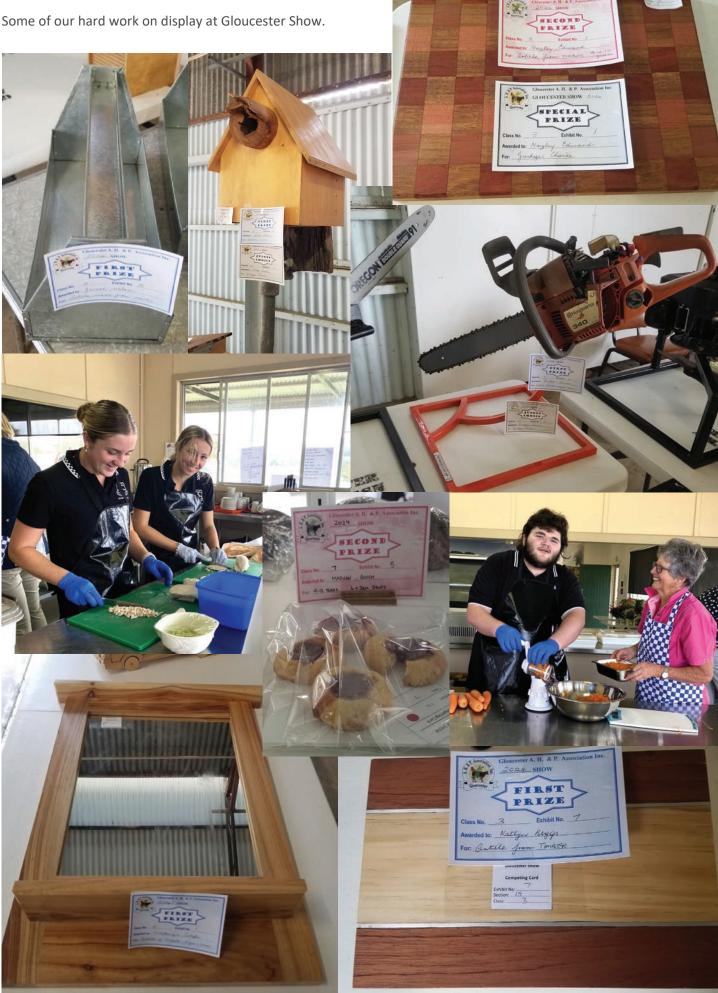
Mrs Sally Andrews, Ag Teacher





GLOUCESTER SHOW

Some of our hard work on display at Gloucester Show.



FROM THE ART ROOMS

Year 7 are practicing their design techniques as they create a cover to personalise their art book. Using simple lines, students are drawing symbols that communicate aspects of their identity along with a variety of patterns to add contrast and emphasis.



Year 9 are making ceramic pots using the technique known as coiling. Once a base is made, coils of clay are added one ring at a time to increase the height of the pot. The coils are then blended and smoothed over ready for surface decoration. The purpose of the decorations is to tell a story about an aspect of the students' culture. Well done so far Year 9!



Mrs Wendy Fraser, Art Teacher



studyskillshandbook.com.au

80-20 Rule



Maximising Your Study Efficiency: The 80-20 Rule.

Are you tired of spending countless hours on assignments only to realise that much of that time was wasted on unnecessary tasks? It's time to work smarter, not harder, and the key lies in understanding the 80-20 rule.

The 80-20 rule, also known as the Pareto Principle, suggests that 80% of results come from just 20% of efforts. How can you apply this principle to your studies? Let's break it down.

Choose the Right Goal: Before diving into any task, it's crucial to identify your goal. Ask yourself: What do I want to achieve with this assignment? Focus on the 20% of goals that will yield 80% of the desired results. For instance, if your goal is to write a persuasive essay, identify the key points or arguments that will make the most impact.

Choose the Right Task: Not all tasks are created equal. Some tasks contribute significantly more to your goals than others. Prioritise tasks based on their importance and relevance to your objectives. If research is consuming too much of your time, consider focusing on the essential sources and information that directly support your main arguments.

Choose the Right Action or Strategy: Once you've established your goals and tasks, it's time to determine the most effective actions or strategies to achieve them. Break down your tasks into actionable steps and concentrate on the 20% of actions that will generate 80% of your desired outcomes. For example, if you're studying for an exam, identify the key concepts or topics that are likely to appear and allocate more time to mastering them.



Remember, every task consists of three components: the destination (goal), the route (plan), and the action (steps). By focusing on the critical 20% of each component, you can optimise your study approach for maximum efficiency and results.

In your academic journey, prioritise activities that align with your goals and contribute the most to your success. By adopting the 80-20 mindset, you'll not only save time but also achieve better outcomes with less effort.

So, the next time you embark on a study session or tackle an assignment, think about the 80/20 way of working smarter, not harder. Identify the tasks and actions that truly matter, and focus on these.



MIDCOAST YOUTH ACTION COLLECTIVE

Be the voice of young people on the MidCoast and help shape the future.

All you need is a couple of hours a month and a willingness to share your ideas.

As part of the Youth Action Collective, you must be aged 15-24 years old. You will identify and advocate on key issues for young people in the area and share your ideas for exciting activities and events.

Group members will have the opportunity to learn leadership skills, make new friends and connect with community members.

Refreshments will be provided at in-person meetings.



Expressions of interest are now open.

Scan the QR code to register your interest.

The Youth Action Collective will be delivered in partnership with MidCoast Council, Mid North Coast Community College, Taree Universities Campus, Manning Support Services, Catholic Care, Bulahdelah Central School and Bucketts Way Neighbourhood Group.



	YOUTH WE 11 - 21 April 20	H WEEK aril 2024		YOUT 11 - 21 A	YOUTH WEEK 11 - 21 April 2024
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Friday 19 April, 6 – 9pm Billabong Park, Gloucester Scan for more information.	- 9pm Ioucester nation.		AND JOB SEARCH SKILLS Wednesday 17 April, 10am - Gloucester Library Scan to book - hurry, places are l	AND JOB SEARCH SKILLS Wednesday 17 April, 10am - 12pm Gloucester Library Scan to book - hurry, places are limited.	MISSION AUSTRALIA Westend
Hore free events Scan for more information and to resuby young people across the MidCoare	And your charts and your chance to win! Scan for more information and to reserve your place. All activities have been designed by young people across the MidCoast including headspace Taree's Youth Reference Group.	vin! een designed 1 Reference Group.	And the free event scan for more information and to by young people across the MidCo	More free events and your chance to win! Scan for more information and to reserve your place. All activities have been designed by young people across the MidCoast including headspace Taree's Youth Reference Group.	win! been designed th Reference Group.
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Express	Empower	Get loud!	Express	Empower	Get loud!

midcoast.nsw.gov.au/YouthWeek2024

NSW GOVERNMENT

Youth Week

Proudly funded by the NSW Government in association with MidCoast Council

midcoast.nsw.gov.au/YouthWeek2024

COVERNMENT COVERNMENT

Youth Week

Proudly funded by the NSW Government in association with MidCoast Council





COOK PARK COMPETITION STARTING Monday 29th April

Running during term 2 and 3 Cook Park, Gloucester 3:30-5:00pm

(Juniors - 5 years +)

Under 8 \$50.67 Under 11 \$82.64 Under 18 \$118.23 Register on our website:

https://www.revolutionise.com.au/ghc/home/

Come and try for free for 2 weeks

We have hockey sticks that you can borrow, please bring shin pads and mouth guards.

Register interest by emailing:

ghclub17@gmail.com







NSW

2024 Winter Registration



4 - 7 years \$140 8 - 11 years \$160 12 - 18 years \$180

How do I register my child?

Sign up online To to: gloucestersoccernsw.org Click on the "Register Now" tile and follow the prompts

For more information or help please contact **Club registrar: Trudy Schultz** Email: gloucestersoccernsw@gmail.com or 0427 589 075

Season Start - Saturday 4th May 2024

- www.gloucestersoccernsw.org
- Please follow us on Facebook www.facebook.com/GloucesterSoccerClub



THURSDAY **4TH & 11TH** APRIL

@ 3.30-4.30PM **GLOUCESTER NETBALL COURTS**

Saturday morning competition for 5yrs - 18yrs commences

Saturday 4th May 2024. ALL WELCOME





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 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