

GOULBURN HIGH SCHOOL NEWSLETTER



10th September 9/14

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Our International Studies students attempted to practice the ancient exercise of Tai Chi during their visit to the Nan Tien Buddhist Temple in Wollongong. The health benefits are derived from the Tai Chi's slow, gentle and tranquil movements which enable harmony in mind and body, improved mobility, suppleness and mental alertness (courtesy of Tai Chi Australia).

SASS Recognition Week is an annual opportunity for everyone in the school community to acknowledge the vital work performed by School Administrative and Support (SASS) staff in the public education system.

This year SASS Recognition Week ran from 1st to 5th September with the theme "STEPPING UP TO THE CHALLENGE".





PRINCIPAL'S REPORT

As this will be the last newsletter for this term I would like to take this opportunity to thank both students and staff for their efforts. Our school has been very successful in a range of areas including sport, leadership and we were recently crowned Oceanic Champions in a robotics competition held in Canberra. A more detailed report is included in this newsletter on page 7.

Congratulations to Hannah Cotton in Year 12 who did an outstanding job in being the MC of the opening of the extensions to the War Memorial. Goulburn High was represented by our leaders, Emmot Falconer, Ashley Hind, Mitchell Webster and William Hargan (profound apologies for spelling William's surname wrong in the last newsletter 8/14—the editor).

Year 12 students are quickly coming to the end of their school and I would like to wish them all the very best in their exams and in their future. They have been a wonderful group of students to work with and have ensured through their efforts that Goulburn High continues to be a great school in our community.

Last week was SASS Week and it was a great opportunity to acknowledge the great work these people do in supporting both the students and staff at our school. The school would not function without the efforts and commitment of these staff members.

Students in Years 8 and 10 will be told their elective choices for 2015. Mrs Kennedy (Careers Adviser) will interview those students in Year 10 who missed out in getting their first choice preferences.

This week we had a large number of students assisting with the running of the SPAC Expo which involves a range of activities for the local primary schools. This is a great event and without the support of our students and Mr Strode, this unique event would not operate.

Thank you to the SRC for organising the Term 3 social to help send off our Year 12 students. It was a good night that was well supported.

Peter Browne



Thank you to everyone who helped support the Dance Festival Cupcake fundraiser. All proceeds will be going towards purchasing costumes for this year's festival. Good luck to the girls who will perform in Canberra on September 19th.

Dramatic Drama Day

Friday 29th of September, drama students from Ms. Spence's Year 10 & 11 Drama class and I were set to venture up to Circular Quay, Sydney to watch an Australian production named 'Sugarland'. What I didn't realise when I volunteered to take the students to Sydney - to what I thought would be a lovely day with wonderful students watching an Australian production - would actually be dramatic.

Knowing how tragic coffee is on the train, I thought I would settle for the slightly better option of McDonalds drive-thru instant espresso. As I ordered the coffee, my car chugged out. It would not start. With the help of kind strangers, we steered my car to the car park and I organised a lift to the train station. With minutes to spare, the tickets were organised and the Drama class and I were on the train to Sydney. Thinking that that was my only drama for the day, I settled in for a quick train ride. Half an hour later, the Drama students and I turned our attention to the back of the train cab, as there was intense screaming from a lady. Initially, we were told that the lady was 9 months pregnant and giving birth, later we found out that the lady was 4 months pregnant and sadly, a man with a walking frame had fallen on her, which had led her to extreme discomfort. This ordeal made the train 45 minutes late, which wasn't great as we were under a time crunch.

Upon arriving at Circular Quay, our Google Maps led the class and I on the "short" route. We eventually discarded our technology and relied on the memory of students who had previously attended a production at the Australian Theatre for Young People. As we trudged through the rain, some stopping briefly to take photos of iconic Australian monuments in the picturesque rain, we finally arrived at the ATYP. After a brief, though detailed run-down of what we had missed due to our bad luck, we were settled in the intimate theatre for young people to watch 'Sugarland.' The play was confronting in content, though at the same time completely relatable for the drama students of Goulburn High School. The play addressed confronting issues presented to youths in Katherine, Australia, masking the seriousness of those issues presented with humour – a completely Australian way of doing things.

Though the day was filled with instances that disrupted the flow of my expectations of the excursion, I thoroughly enjoyed myself and adored the company of the respectful, wonderful Drama students. Looking back on the day, of course a Drama excursion HAD to be dramatic, I wouldn't expect anything less.

Miss Shanae Lynam





Goulburn Science Fair

Over 370 people voted on the People's Choice Award and the hall was busy all night with parents and students. There were many local primary school students attending as they had display boards on show for the first time this year.

The inaugural primary school winner was Sam Callum and runner up was Drew Thompson.

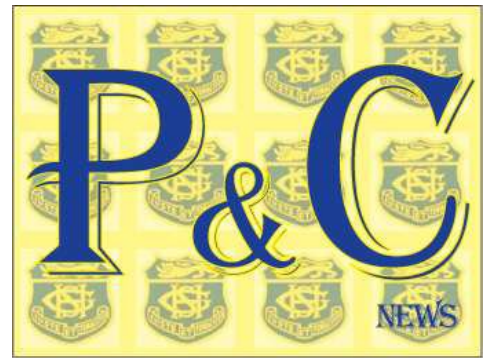
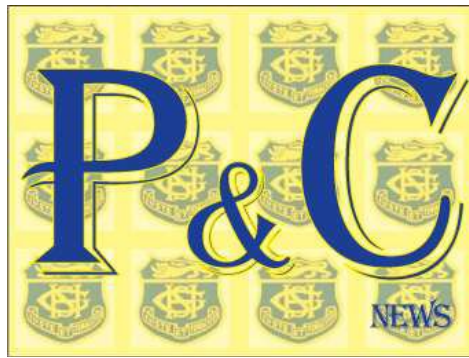
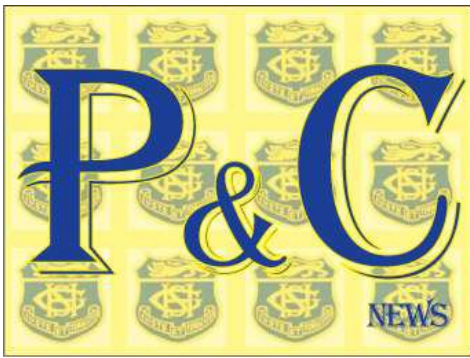
From Goulburn High School the year winners received a medallion and gift voucher. The winners were Year 7 Caleb Croker and Bailey Stewart, Year 8 was Elise Downey and Kimberley Laidler, Year 9 winner was Josie Herman–Meylan, Year 10 was Jemma Frost, and the overall winner was Jemma Frost. These students will participate in the University of Wollongong Illawarra Coal Regional Science Fair to compete against other schools from across the region.

The runners up were year 7 Emily Mae Strickland and Emily Thornthwaite, Year 8 winner was Regan Handley and Ana Davis, Year 9 was Anysia Oberg, Year 10 was Margaret Price. The overall winner was Renae Robinson who won a trophy and a \$85 gift voucher.

Mr Wybrow, Mrs Kelly and Miss Jordan helped by running the paper plane throwing competition. Many students participated by trying to get their plane to land on the mark.

Thanks to Gunning Wind Farm for their sponsorship.





It has been a busy couple of months for the P&C. In April Goulburn High P&C raised much needed funds through the Easter Weekend Hot Rods. We have distributed a portion of this money back into the school.

The Brick and Block laying students received \$3,500 in funds to help with the construction of seating at the sports oval. This will enable the students to extend the existing oval tiered seating which will be available for use by all students at Goulburn High. This will be a fantastic section of the school once completed. The P&C wish the students and teachers well with this project and look forward to updates.

The PBS reward system had a Dominos Doughraiser night in August. This night raised **\$430** which will go toward offsetting costs for the PBS system.

All students should have received a new set of School photos. The P&C worked hard at resolving the issue of unacceptable photos. Please be aware that not all photos were considered unacceptable. Stewart from Academy Photographer worked hard to have the entire school reprinted and we would like to thank him for that.

With only two weeks to go until the end of Term 3, we would like to wish all families a safe holiday and well deserved break and look forward to refreshed children (and teachers) for Term 4!

We have only two more P&C meetings for 2014, our next one is Wednesday 8th October at 7pm in the Common room. Still not too late to come along!

Renee Woodberry
Goulburn High School
P&C President



The RSPCA Cupcake sale three weeks ago was a wonderful success. We ended up collecting **\$600** to fight animal cruelty and I would like to thank all students and staff who baked the most amazing cupcakes to support this fantastic institution. I would also like to thank Principal Browne and Deputy Principal Joseph for letting us wear animal onesies for the day. The kids loved it and 'Miss Bedbug', 'Miss Ladybug' and 'Miss Cow' will certainly show up again next year. Thanks to all for buying/eating all the cakes :) Heidi Maltan

Deputy Principal's Report

Energy Drinks/Caffeine

Every now and then we see an increase in the number of students bringing caffeinated drinks to school. These include energy drinks like Mother and V, as well as the different brands of Cola. More rarely but significantly, we also get reports of students taking "No Doze" tablets and similar products. These tablets are very high in caffeine and have a similar effect to energy drinks. Some of these drinks and tablets can contain between 2 and 10 times more caffeine than a cup of brewed coffee and can therefore be very addictive. No parent would let their child have 10 cups of coffee in one sitting, yet this is the effect of some of these energy drinks.

Products that are high in caffeine have been linked to a number of adverse side effects. These include liver damage, sleep disorders, nausea, cardiac effects, respiratory disorders, mental health conditions and seizures. A recent study published in an American medical journal found that children who are regular users of energy drinks and other highly caffeinated products are also more likely to be suffering depression and be higher consumers of alcohol and marijuana.

At Goulburn High School, we see no place for these types of products in terms of assisting children in their learning and nutritional needs. For some students, the highs and lows of caffeine use can adversely affect their behaviour and concentration at school. Students are not permitted to bring energy drinks/caffeine tablets to school and they will have these confiscated if they do bring them. Another concern is that some students are bringing 2 litre bottles of cola to school. Again, there is no place for this volume of caffeinated soft drink at our school. If a student has more than the equivalent of a can of cola at school, then it will also be confiscated.

These energy drinks are not available from our school canteen and soft drinks are only sold on special very limited days throughout the school year. Students are bringing these products from home and by purchasing them on the way to school. Please reinforce with your child that the school does not allow these products as described above and discuss with them the health effects of their continued consumption.

Vero Joseph

Some Important Dates

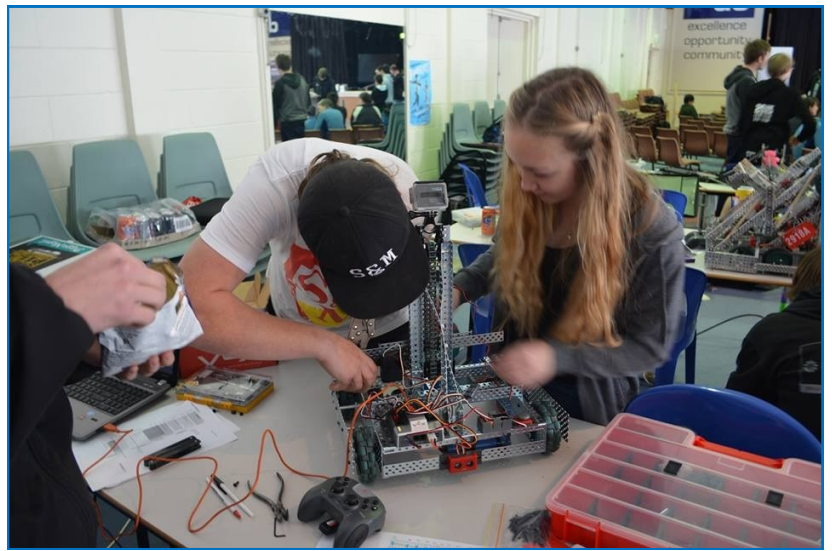
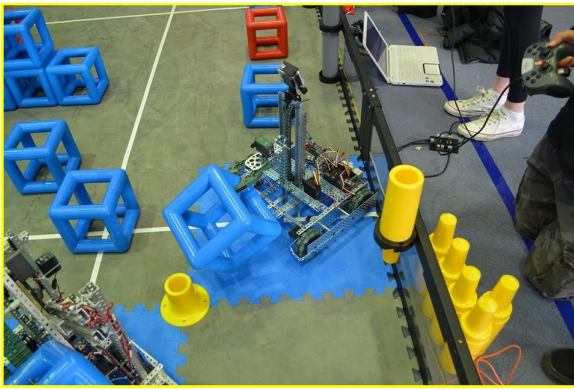
- Year 10 polish program for careers 10th September
- Boys Hockey State finals Lithgow 10th and 11th September
- SPAC Expo - Selected year 8,9,10 students 10th to 11th September
- Year 11 final examination 11th to 17th September
- Year 12 farewell assembly 18th September 10.00am school hall
- Recognition Assembly Friday 19th September 10.00am school hall
- Last day of term 3 Friday 19th September
- Korean trip 21st September to 1st October
- **School resumes for term 4 Tuesday 7th October**
- Year 7 and 9 boys vaccinations 9th October
- Excursion to A-League soccer Sydney 11th October
- HSC commences 13th October
- PBS Excursion to Tree Top Adventure Park 14th October
- Taste of ANU, selected year 7 and 8 students
- Smith Cup vs Bowral High School 24th October (tentative)
- Year 7 – 10 yearly examination period 27th October to 7th November

This publication is proudly sponsored by:

- **Jim Brewer Property Sales**
- **Cabra Prints**
- **Gremlin Computers**
- **Gehl's Garden Centre**

If you have any enquiries regarding the newsletter, please email

heidi.maltan@det.nsw.edu.au.



Robotics at Goulburn High

As part of the National Science Week celebration, the inaugural Oceania Championships for VEX Robotics was held in Canberra recently. Students from schools in ACT, Victoria, New South Wales and New Zealand travelled to Dickson College in Canberra to compete in the VEX Skyrise competition. The Goulburn High team worked with the team from Otumoetai College in New Zealand. As part of the challenge, teams were required to build a robot that was able to manipulate blocks and place them on specific targets, in order to achieve the highest score. The competition took place over 2 days, and team work was a key element.

The Goulburn High School robotics team, consisting of Emmot Falconer, William Hargan, Ashley Hind, Joe Muscarella and Mitchell Webster, won two out of the three matches, and as a result were declared winners of the tournament. This has qualified the Goulburn High team for the national championships which will be held in Melbourne later this year.

Currently the team is seeking sponsorship to support their robotics venture, in particular to purchase parts for the robot, as well as to assist them to attend the nationals. The team hopes to qualify for the world championships in Florida, April 2015.

Mitchell Webster





JOEL DOWNEY MEANS BUSINESS AT THE INTERNATIONAL TAEKWONDO CHAMPIONSHIP IN CHINA

Joel left Sydney on August 10th to fly to Hong Kong to arrive in 35 degrees heat with his coach and another instructor, Grandmaster Lui. He trained for three days with the Hong Kong team and then travelled via bullet train and automobile to Loudi, Hunan Province, in China.

The first two days in Loudi, he attended an umpire and instructor course.

When the tournament began, Joel won a gold medal and on the second day he won three bronze medals. The medal ceremony itself was shown on Chinese television, a country that has roughly one billion television viewers.

As the photos attest, Joel is on his way to more international stardom and is now training for the national championships and semi-professional mixed martial arts cage fight.

We also want to congratulate Joel (for Taekwondo), Mikayla Evans (for Hockey) and Kate Reid (for AFL) as they all received a Round 1 grant under the Local Sporting Championship program.



Careers Desk

YR 12 – UAC APPLICATIONS DUE Tuesday 30th September.

Any student who wishes to use their ATAR for university entry – even if you don't want to go until 2016 – should complete this process by the due date. Support is available from Mrs Kennedy but make sure you ask before the holidays.

Students who are not receiving an ATAR are eligible to apply for School Recommendation for University of Canberra – a list of courses and support with the application are available from Mrs Kennedy.

If you are in Year 12 or have a student in Year 12 and you are not sure whether you should be completing a UAC application please ASK NOW.

SCHOLARSHIPS : The Country Education Foundation (CEF) has released its 2015 Guide to Scholarships for Rural and Regional Students, and this can be found at the following link:
<https://cef.org.au/students/scholarships/>

YEAR 11: Summer Master Classes 2016 – The University of Wollongong is offering students an opportunity to be enrolled as a University student and take part in lectures, tutorials and master classes. The subjects run between Monday 5th – Wednesday 21st January, with contact days on Mondays, Wednesdays and Fridays (some classes will run from the Moss Vale Campus). The university subjects will support their HSC marks, establish connections with faculty staff and reward students with 6 unspecified credit points towards their OUW degree and guarantee them an Early Admissions interview. Applications close Monday 13th October. Visit www.uow.edu.au/in2uni/smc .

UOW Women in Engineering Summit 12th – 16th January. Girls in Year 10 and 11 may apply for this four night residential camp for young women interested in an engineering career. Registrations at www.eis.uow.edu.au/wie-summit until mid September.

YEAR 9 – Financial Literacy During Term 4 students will have the chance to participate in a Financial Literacy course, completing *Certificate 1 in Financial Services*. Students will attend 5x2 hour lessons which will be run during interest elective double lessons. This is a most valuable course teaching the elements of money management including setting financial goals, creating a budget, developing a savings plan, recognising scams, understanding credit, debt and debt traps, taxation, superannuation and so much more. Only 15 places are available. See Mrs Kennedy **NOW**.

YEAR 10 –Work Experience

Congratulations to the following students who have completed Work Experience. Thank you to the host employers for supporting our students with this invaluable program.

Hayden Norton, Sam Ross and Jayden Faraday

Goulburn Mulwaree Council

Jemma Frost

Marianvale Blue Fish Hatchery

Joel Levien

We Reck Auto

Louisa Jones

Kids Choice Goulburn

Margaret Grice

Goulburn East Public School

**GOULBURN
HIGH
SCHOOL
WELFARE**



‘where we take
care of each
other’

Word on Welfare

As the newsletter goes to print, we will be getting ready to celebrate **‘R U OK Day’** as a school community. It’s an opportunity for everyone to take time and ask someone they care about, someone they see every day through work or school - are they ok ?

At Goulburn High School, we will be welcoming Heath Black. Heath is an ex-AFL footballer who works in schools and communities spreading messages about mental health and helping those in need. Heath will be working with Year 7 on Thursday afternoon, but also presenting a community seminar that evening. Our school leaders will also be attending an app launch that evening with Mayor Kettle.

As a school, we would hope that **‘R U OK Day’** is not just a one off day. If you are worried about one of your friends or family members – the best strategy is to trust, talk and take control. You would have heard this in your PD/Health lessons over and over again. Find someone you trust, talk to them about your concerns and then develop some strategies to help take control of the situation.

I would also like to thank our Police Liaison officer, Constable Gary Mutton, for delivering a well timed lecture on cyber bullying and how to behave on open social networks to avoid legal prosecution to our Year 10 two weeks ago.

Michelle Randall



Sport Report

As a busy term starts to come to an end, sport at Goulburn High School is really starting to heat up.

Two weeks ago Goulburn High's Girls Senior Touch Football team travelled to the Central Coast to contest the final 10 in NSW. The girls played well with many star performances and secured 10th in the state. A big thank you to Mr Gregory and Miss Kara who organised and attended the series.

Next week the Senior Boys Hockey team will travel to Lithgow to contest the Final 8 in the state. The boys displayed a tremendous performance winning 10 – 2 against Sydney rivals with good performances from Jake Staines, Ben Staines, Ryan Whittle and Kurt Devlin. Good luck boys.

Smith Cup

It has been announced that the inaugural Smith Cup will be contested on Friday 24th October, week 3, Term 4. All students are encouraged to get involved on the day with many different sports and activities taking place including soccer, touch football, basketball, cooking, debating, computer games, board games, softball and many more.

Ricky Chamberlain

The students from year 9 International Studies classes woke up very early to catch the bus to Wollongong to see the Nan Tien Buddhist temple where our tour guide met up with us and showed us around. First we did Tai Chi in the courtyard in front of the temple. Then he showed us to the main shrine which was the home of five big Buddha statues. They all had different hand gestures which mean different aspects of life. After that we went to the museum and were told about various artefacts about how the temple was made and some artistic paintings were made at the temple by Buddhists. Then we were shown to the conference room to do some basic calligraphy. After that we were lead to the dining hall to enjoy a vegetarian meal containing fried rice, cauliflower and spring rolls. All in all it was a great day in Wollongong. Thanks to Mr Mackay and Mr Stoevelaar for taking us.

Josh Lansdowne and Tom Taylor.





On Friday the 22nd of August, I was fortunate enough to be granted the incredible opportunity to attend a few very special events, the first of which being a meeting with the Premier of New South Wales, The Honourable Mike Baird MP. It was an insightful experience that helped me to understand the way local and state governments interact with each other to effectively distribute funds and cater for local community's needs.

I was then very excited to be able to attend Pru Goward's Liberal Party Luncheon Fundraiser and bump elbows at the dinner table with the Premier himself, where we had a very casual conversation over our scrumptious Indian banquet.

Finally, I was asked to emcee the official opening of the fantastic new Rocky Hill War Memorial Forecourt, where many dignitaries attended. I was extremely impressed with the performances from Goulburn East Public School and the wonderful nibbles provided by the lovely ladies from Quota International of Goulburn.

I would also like to thank Mayor Geoff Kettle, for escorting me to the events, and Teena Riley from Goulburn Mulwaree Council, for her wonderful organisation. It was a truly wonderful experience and I am so grateful to have had the opportunity.

Hannah Cotton, Goulburn High School Captain 2014