



Goulburn High School Newsletter



9/15 10th September 2015

goulburn-h.school@det.nsw.edu.au



Information, Software and Technology classes visited the Adobe HQ in Sydney and realised how much fun it can be to work in the IT industry. Offices overlooking the CBD, lounges and pinball machines to relax during breaks and an awesome Education Centre to show young and upcoming computer programmers how it's done.

A recent excursion to the Sydney Opera House was topped by an impromptu performance by young English pop singer James Bay at the forecourt. Some of us even ended up on television, cheering him on.

However, the high culture of watching a performance by the Bell Shakespeare company of *Romeo and Juliet* grounded us again, despite the obvious ending of this 'most famous love story'. Students enjoyed the dazzling brilliance of a warm day at the Harbour before we had to return to our hometown in the Southern Tablelands and its chilly evening.





Principal's Report

Last week we celebrated the achievements and efforts of our SASS staff. These people work in our office, manage the school grounds, support our agricultural programs and in our classrooms supporting both students and staff. Without their efforts our school would struggle to operate effectively. On behalf of the school community, I would like to thank these men and women for their continued commitment to Goulburn High School. I would like to personally thank Mrs Mireen Swadling (SAM) who leads group and ensures that the SASS team delivers quality outcomes for our students.

The elective lines for Years 9/11 (2016) have been finalised and students will be spoken to shortly to ensure that they

have an elective in each of the lines. The Careers Adviser, together with the Year 10 Adviser, will meet with students who may need to select a new elective.

This week we welcome Year 6 students from our various partner schools who will be undertaking "taster lessons". This is a great opportunity for these students to experience what it is like to do a high school lesson in one of our many specialist rooms.

This term a number of students have been involved in a range of welfare programs that include Aspire, RUOK and Links to Learning. These programs assist our students with the growing demands that face our young people today.

Last Friday a number of our students sold Legacy Badges in the local community. Every year our students volunteer their time to assist with this worthwhile project.

Congratulations to Ellen Ryan who has been selected to represent Australia in the Commonwealth Youth Games in Samoa playing Lawn Bowls. It is hoped that this will be a stepping stone towards being selected for the Commonwealth Games Team next year.

The P&C have engaged a company called Daylight to provide our school with school uniforms for the next five years. A uniform shop will operate from the school and is currently being constructed in the canteen area by our Year 11 Construction Class. More details on how to order will be available shortly.





Gus Andrews built chester drawers and a book case.



James Finch and his office desk.



Ben Staines next to his trophy display cabinet.

HSC WOODWORK PROJECTS



Nick Patton with his bar unit, possibly for his future man cave.



Luke Soley is sitting next to his computer desk, ready to study and revise for his HSC exams.



Jake Staines built a snake enclosure for his beautiful python, Denny, and Leighton McNiven created a hybrid snake enclosure within a coffee table.



Steven Shaw and Rory Heffernan both built an entertainment unit, however, Rory was too shy to pose with his end of year 12 project.



Rosemary Cosgrove from Community Health, and our police liaison officer, Gary Mutton, delivered talks about how to organise a party safely and the effects of drugs and alcohol on our bodies. Year 9 and 10 students experienced a hands-on demonstration with the famous 'beer goggles' in the library. Thank you to Margaret Grice and Emily Geyer for serving morning tea and coffee to our guest speakers.





Deputy Principal's Report

Aim High

At Goulburn High School, we have a set of values that underpin everything we do. These values are positively reinforced through our Positive Behaviour for Learning program. One of our school's values is Aim High. In its most basic form, Aim High means to set high goals and do your best. It is important that our students understand that achieving these goals needs persistence and hard work. When things get difficult, that does not mean that you give up and set easier goals. This is a real danger when it comes to a young person's academic achievements. The attitude that good enough is OK will not support them later in life. It is

also important to understand that asking for help and advice is not a sign of weakness or being nerdy. At Goulburn High School, we have dedicated and caring staff who are always willing to support a student who comes asking for assistance. If a teacher cannot give that assistance during class time, arrangements can be made to seek assistance at other times. Our school runs a Homework Centre on Monday afternoons and the Mathematics faculty run a tutorial session every Wednesday morning before school. Our school library is available at lunchtimes and a number of senior classes will run extra sessions, especially leading up to examinations. Please discuss with your child what Aiming High looks like at home, at work and in sport and other activities. This will help reinforce the message of Aim High at school.

Vero Joseph

Some Important Dates:

Year 11 Yearly Examinations – 9th to 15th September

Year 6 Transition Taster Day 1 – 11th September

Year 12 Luna Park excursion – 14th September

Year 6 Transition Day 2 – 14th September

Year 6 Transition Day 3 – 15th September

Year 12 Graduation Assembly – 17th September

Canberra Youth Dance festival – 18th September

Final day term 3 – 18th September

Public Holiday – 5th October

School resumes for Term 4 – 6th October

Smith Cup – 23rd October

Relay for Life for year 7 – 24th October

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.



UNIFORM SHOP UNIFORM SHOP UNIFORM SHOP



Another term is drawing to a close. The P&C have been busy organising the new **Goulburn High Uniform Shop** which will be situated in the canteen area within the school. The shop will be constructed by the school construction team and Mr White. The P&C and the school uniform committee have decided on the same uniform with the following minor changes.

- 1) Navy fleecy jacket will replace the current polo fleece jumper.
- 2) Girls tartan shorts will be introduced.
- 3) The sports shirt will remain the same style although will be of a new better quality material.
- 4) Sports tracksuits will become available.
- 5) Senior girls white shirts now have a much more flattering ladies cut with navy piping on the collar and sleeves.

The cost of our uniform should not change. There may be a small difference in price and this can go either way. Please be aware there will be no dramatic price increases. We are hoping to make this an improved and much easier option for families.

Our shop will be up and running in January 2016 at the latest, before school starts back. If you can hold off for purchasing new items please do so! Goulburn Worklocker will no longer be stocking our uniform. We do thank Worklocker for their support over the last few years.

We would like to ask that parents support our uniform shop before shopping anywhere else. The profits from our uniform sales will be returned to the P&C which in turn will go directly back into the school for our students.

There will also be a position made available as a Uniform Shop Co-Ordinator. Applications are now open and can be picked up from the school office and returned back to the school office, Attention to P&C Secretary.

Shop opening hours are yet to be made definite. It will be approximately 6 – 8 hours per week for purchasing. We will be aiming for the shop to open for the full week before school starts back. Volunteers will also be required to help out in the shop at times. If you feel like this is something you can help with, please leave your name and contact details in an envelope at the school office, Attention to P&C Secretary.

Online ordering and payments will be made available through our shop and these will then be picked up from the school. This will save students carrying larger amounts of money to school.

Thank you again to all our school families. We look forward to your support with our new shop. We need you to make this a successful venture.

Our last meeting dates for 2015 are

Remaining P&C Dates for 2015

9 September
14th October
11th November – Annual Christmas Dinner

Renee Woodberry
P&C President
philwbc@bigpond.com



It was a Friday, and the train station was near
The weather so nice, it was time for a cheer
Cheers for Mercutio, but tears were shed
When Romeo and Juliet were pronounced dead

The day started, as we waited at the station
To go see this marvellous creation
To make sure the students were in a good mood
We got fed fast food

At approaching the Opera House
We weren't as quiet as a mouse
As a famous musician
Put us in a difficult position
Girls flocked towards the scene
Like seagulls to food, or a has been

We got ushered inside
Before the summer blast arrived
With the sun so high
Up in the sky

The play was a much enjoyed attraction
Although Mercutio was a distraction
Romeo and Juliet, a play full of glamour
But remember to silence your camera

Our last hour was spent in the comfort of a snack
But once again, into the train we were packed
On the train, photo, jokes and tricks galore
But at the end of the day, time we wanted more

Big thanks to the teachers
Maltan, Mani and Carroll, it was nice to meet ya
We all had a blast
And memories good as, that are sure to last

Margaret Hargan and Heather Davey



With melodic and dancing delights, 007-style espionage, historical (and futuristic) re-imaginings, and much more, the theme for the 2015 Spring Event Series is aptly named 'Imagine, Relive, Inspire'.

Join the fun at Pictures & Popcorn in the Park on 10th and 17th October. Bring the kids and a picnic to Belmore Park on the 10th and settle in to watch 'Big Hero 6' on the big screen, followed by a fire show and not-to-be-missed lighting display. The following week will again feature a twilight cinema screening, this time of 'Paper Planes', but you can leave the picnic at home, and instead revel in the wide range of culinary choices and cool climate wines on offer along 'Eat Street'.

Call **1800 353 648** or visit the website to find out more.



www.goulburnaustralia.com.au



O Romeo, Romeo, wherefore art thou Romeo (or is that James Bay?)

Friday 14th of August saw Year 9 and 10 English students travel to the Sydney Opera House to see Bell Shakespeare's production of 'Romeo and Juliet'. Mrs Mani, Ms Maltan and Mr Carroll took about 60 students away for what was a fantastic day on the harbour.

Mrs Mani's great organisational skills shone on the day. We stepped off the train at Circular Quay and were able to have lunch before heading to the Opera House. Once there, we witnessed a performance from up and coming star – James Bay. He played a short, live gig to a crowd of adoring fans who loved every minute of it. Thanks for organising that, Mrs Mani!!

We then piled into the Playhouse Theatre to watch the 90 minute production of 'Romeo and Juliet'. It was contemporary and humorous and charged with enough energy to keep the 200 students in the audience completely mesmerised.

Everyone involved would like to extend a huge thank you to Mrs Mani for her excellent organisation of this excursion. It was a fantastic day that offered a lot of people, including myself, our first chance to see live theatre inside the Sydney Opera House. Congratulations to all students involved for their excellent behaviour and especially for their manners – it truly was a lovely day out.

D. Carroll





ESL Snow Trip

8 ESL students and Mr Carroll hit Perisher Resort on Friday 28th of August to see what life was like above the snowline and I must say, it was a mind-blowing experience for some of the students involved.

After leaving Goulburn early and hiring our gear in Cooma, we arrived in Perisher before midday. When the door of the minibus was opened, the students poured out and rolled around in the snow on the side of the road for quite some time. I thought it might have been possible to have spent the day just having snowball fights in the carpark! Instead, we hit Tube Town for a while before doing a scenic chairlift ride up to Mid-Station, where we had lunch and built an awesome snowman. An intense snowball fight followed before we got back on the chairlift, went to the top of the Snowy Mountains before riding our way back down to the resort.

Just as we were leaving, it started to snow – proper, big, white, chunky snow-flakes that just amazed the students. Not only had they visited the snow, they had seen it snow as well. It might have gone close to being the perfect day.

We had a fun day out and even though we were wrecked when we got back to Goulburn at 10pm, it was worth every tiring moment!

D. Carroll





GHS's RSPCA cupcake day was another success this year with funds of \$573.95 raised and going to a good cause to fight animal cruelty. I would like to thank all students, parents, teachers and SASS staff who helped to achieve this wonderful result through baking, selling, buying and eating cupcakes :) H. Maltan





Information, Software and Technology excursion to the Adobe HQ in Sydney

On the 27th of August, students from Year 9 and 10 IST classes attended an excursion to Adobe HQ in Sydney. The purpose of the excursion was to show the students employment practices in the Information Technology industry. At approximately 7:30, we boarded a train at Goulburn Station, bound for the Sydney Central Station. Once at Central, we caught another train to Town Hall, and then walked to Adobe.

When we arrived, we were introduced to our guide, Dr. Tim Kitchen, an Adobe Senior Education Advocate, who informed us about Adobe products, and how Adobe operates as a business. After a tour of the office, and talking to employees about their experiences with Adobe, he showed us some tips and tricks in apps such as Adobe Photoshop, Adobe Muse, Adobe Voice and Adobe Premier Pro.

We had some spare time, so before heading back to the train station, we looked around Queen Victoria Building for a while. Once we had arrived at Central and bought our lollies and donuts, we got on the train back to Goulburn.

We would like to thank Mr Paopeng and Adobe for the opportunity to see the Adobe offices.

Genesis Octaviano and Angus McDonald, year 10



Bullying. No Way!

Schools around Australia are working on strong policies and strategies to eliminate bullying. Here are some facts about bullying and what you can do to help.

What is bullying?

Bullying can take many forms. It can be verbal, physical and involve social behaviours that cause physical as well as psychological harm. It can happen in person and online, and it can be obvious or hidden.

Impacts of bullying

Bullying impacts on a child's self-esteem and confidence, and can impact on learning as well. Children who are bullied can also have lower school attendance, due to an increased chance of anxiety, headaches and mental health problems.

Bullying of any form, or for any reason, can have long-term effects on those involved, including bystanders.

The child who has been bullying

It can be upsetting to be told that your child has bullied others. It's important to stay calm and learn more about your child's behaviour so that any bullying behaviours can be addressed. Children who bully others may need help to develop their empathy, learn about the effect of their behaviour on others, and be accountable for the harm they may have caused.

The child who has seen bullying take place

Even witnessing bullying can be disturbing for a child. Research shows that peers are present in 85 per cent of bullying incidents at school. Bullying has been shown to stop within 10 seconds when bystanders take positive action. Children who witness or know bullying is occurring may require support to deal with what they have seen or what they know is taking place—or to develop the confidence and skills to take positive action.

What can you do?

- **Talk to your child** If your child is being bullied, listen to them and encourage them to talk about what happened. Assure your child that, under no circumstances, is bullying acceptable. Support and comfort them as much as possible so they feel safe.
 - **Visit the school** Report the bullying to your child's school so the staff members are aware of the issue. It might be a good idea to organise a meeting for you and your child with a school teacher or counsellor. Ask the school for a copy of the school's safety and wellbeing policies.
 - **Visit a counsellor** If your child is still feeling the effects of bullying, it might be a good idea to take your child to talk to a counsellor to help them get through this time and build their resilience.
- The [Bullying. No Way!](#) website provides lots of information for parents and students on how to deal with bullying.

Cybersafety

Encourage your child to be cybersmart to help prevent online bullying. Help your child by asking them to teach you how to manage the privacy settings on their mobile devices.

A good starting point on information and assistance with online safety is the [eSafety website](#).

For more information go to:

[Office of the Children's eSafety Commissioner](#)

[Safe Schools Hub](#)

[Kids Helpline](#) or 1800 551 800

[headspace](#) or 1800 650 890

If you require any further support, please contact:

Ms Catherine Baker
Head Teacher Wellbeing



International Studies

Food is an important part of religious observance and traditional practices for many faiths such as Christianity, Hinduism, Islam and Judaism, but the role of food is complex and varies among individuals and communities. During this term, Year 10 International Studies have been studying the topic of “food” and through this course we had the opportunity to make two cuisines which were butter chicken cooked in creamy yogurt and a mixture of spices with a side of Naan bread. The second dish was fried rice mixed with fresh vegetables, spices and soy sauce. On behalf of the Year 10 International Studies, I would like to thank Mr Mackay, Mr Stoevelaar and Mrs Tomlinson for this experience.

Josie Herman-Meylan

Sports report

In hockey, the Moss Vale team was required to travel to Goulburn and play against the boys Goulburn High team. Goulburn led at half time with 2-0. However, Moss Vale began to improve their game and scored their first goal early in the second half. Goulburn’s keeper, Rory Heffernan, then had to work hard to prevent Moss Vale from scoring once again. Despite the efforts from Moss Vale, they did not score another goal, rather Goulburn scored another 2. This meant Goulburn won 4-1.

Students from Goulburn High went to the AIS stadium to represent their school in Athletics. Two of the students who reached a high level of achievement were Laura Ellis and Bailey Lahnam. Laura achieved 1st in javelin and 2nd in discus. Bailey’s performance allowed him to reach 2nd in shot-put.

Adele Webb, year 11, our new sports reporter.

The Department for Education and Training has [launched a new mobile app](#) to encourage parents to get more involved in their children’s education, applicable from early years to High School.

The app was developed by the Australian Government Department of Education and Training in consultation with the Australian Curriculum, Assessment and Reporting Authority.

Education policy research, including findings from the Australian Research Alliance for Children and Youth, as well as feedback from parents, also informs the content of the [Learning Potential app](#).

Check it out for your families at <http://www.learningpotential.gov.au/>

Working in schools can be stressful!

These articles are intended to help the great people who work in schools.

4 Steps

Ask R U OK?

Listen without judgement

Encourage action

Follow up

Contacts

1800 RUOKDAY(7865 329)

Lifeline 13 11 14

Kids Helpline 1800 551800

Beyond Blue 1300 224 636

Youth friendly services for
12 - 25 year olds
www.headspace.org.au

Local GP

The single biggest
problem in
communication is the
illusion that it has
taken place.

George Bernard Shaw

R U OK?Day is a national day of action dedicated to encouraging all Australians to ask family, friends and colleagues 'Are you OK?' The day is held on the second Thursday of September (10 September in 2015).

R U OK?Day is designed to target the whole population, to help all people understand the role they can play in supporting those grappling with a problem, big or small. Most people don't openly share their feelings, particularly if they are struggling. The best thing we can all do is regularly talk to the people we care about. Schools are often the hub of a community. As well as touching base with our colleagues, staff in schools often have a connection with members of the extended school community.

It is natural for people who are feeling anxious or overwhelmed to also feel isolated and lonely. As well as assisting people to see they are not alone, encouraging people to check on family, friends and colleagues has many benefits.

Discussing a problem out loud can help them feel less overwhelmed. Asking for another person's perspective about a problem can also help identify potential solutions. It's ok to say "I'm not ok" and it's ok to ask for help.

The following 4 step process is recommended:-

1 Ask R U OK? - start a general conversation, preferably somewhere private. Ask open ended questions -

'What's been happening? How are you going?'

'I've noticed that...What's going on for you at the moment?'

'You don't seem like yourself and I'm wondering are you OK?'

2 Listen without judgement - guide the conversation with caring questions and give them time to reply - 'How has that made you feel? How long have you felt this way? Have you talked to anyone about this?'

Don't rush to solve problems for them.

Help them understand that solutions are available when they are ready to start exploring these.

3 Encourage action - summarise the issues and ask them what they plan to do - 'What do you think might help your situation?'

Encourage them to take one step, such as see their doctor.

4 Follow up - Put a note in your diary to touch base or call them in one week. Ask if they've managed to take that first step and see someone. If they didn't find this experience helpful, urge them to try a different professional because there is someone out there who can help them.

Dealing with denial? If they deny the problem, don't criticise them. Acknowledge they're not ready to talk. 'I understand that you don't want to talk about it but call me when you're ready to discuss it.'

Say that you are still concerned about changes in their behaviour and you care about them. Ask if you can enquire again next week if there's no improvement.

R U OK?

www.ruokday.com

R U OK? is an independent, not-for-profit organisation committed to providing focus and leadership on suicide prevention by empowering Australians to have open and honest conversations and stay connected with people in their lives.

The national day of action aims to increase public awareness and understanding about the link between connection, community, wellbeing and suicide prevention. Programs are designed to provide ongoing education and information about ways to support each other through life's ups and downs.



Aspire Program at Goulburn High School

Some very lucky Goulburn High Students have been given the opportunity to participate in a program run by footballing legend, Alan Tongue. Every Monday morning this term, 20 students from Goulburn High School were challenged and tested physically and mentally as part of the Aspire Program.

The Aspire Program aims to motivate students to take control of their future, helping them to take responsibility for their actions and realise the consequences of their actions on themselves and those around them. Students are able to set short and long term goals and recognise what they need to do to achieve those goals.

Each session is undertaken in two parts, with the students working through the theory component in class and then participating in a rigorous practical component. Students have been very positive about the program so far. The soreness in their muscles reminds them of the key concepts taught the day before and they were excited to tell other students about the program.

Ex Canberra Raiders captain Alan Tongue was one of the hardest working players on the field and it is no different in the classroom. Alan is passionate about the message he is communicating to the students and he is able to engage the students by telling stories from his own childhood and the mountains that he has had to climb throughout his lifetime. Alan is an inspirational and charismatic leader who shows that he really does care for each and every student completing the course.

The program is proudly sponsored by the Goulburn Workers Club and this would not have been possible without their generous financial contribution. Workers Club board member Greg McAleer visited the students in the second week and was able to meet with Alan and see the program in action.

Ben Stephenson



EASTER SUNDAY
27 MARCH 2016

WET WEATHER DAY 24 APRIL 2016

Goulburn High
HOTROD
Shakedown

FOOD, MUSIC, STALLS, EVENT ANNOUNCEMENTS BY **PINKY**

VEHICLES FROM 8AM

\$10 per vehicle - use Clifford Street entrance

PUBLIC FROM 9.30AM

\$5 per person/\$10 per family of 3 or more

**ALL PROCEEDS TO
GOULBURN HIGH SCHOOL P & C**

All enquiries to:

hotrodshakedown@gmail.com • 0478688330

*For all
pre-1969:*

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CLASSICS

MUSCLE

CARS

ASRF

SANCTIONED

VEHICLES

Bikes:

CHOPPERS

BOBBERS

CUSTOMS

CAFE RACERS

Special

invitation to:

VW CLASSIC

KOMBIS &

BETLES

*Top 3 Awards
created by
Charley Hutton of
Charley Hutton's
Color Studio V8s!*

ASRF SANCTION NO. TBA

