



Goulburn High School Newsletter

11/12

23rd November 2016 goulburn-h.school@det.nsw.edu.au



Term 4 has already been a very busy time of year for Goulburn High School. We celebrated our first GHS Showcase in week 4 and the organisers, Mr Thady O'Connor and Ms Kara Stephenson, did an amazing job to include as many activities as possible.

Year 12 has finally finished the gruelling study for their HSC exams and enjoyed their Formal at the Workers Club last Thursday evening. Many thanks to Ms Shanae Lynam, their Year Advisor, for organising this wonderful event.





Principal's Report

The year may be drawing to an end but the busy work of schools continues. At the moment, we are in the middle of our assessment and reporting period in preparation for the end of year school reports. We are also in the midst of planning for the new year, and with our school continuing to grow in terms of student numbers, we are excited about the increased opportunities that a larger school brings.

At the time of writing this report, I had just attended the Year 12 Formal. Our students looked fantastic and showed themselves to be outstanding young women and men. I was very proud to farewell them for one last time, and we are looking forward to the release of their results almost as much as they are. I would like to thank the formal committee, run by Year Advisor Ms Lynam, for a fantastic evening.

We recently held our Remembrance Day commemorations with our staff and students assembling at the front of the school whilst our catafalque party led the ceremony. It was a solemn occasion with all our students conducting themselves with dignity and respect. Thank you to Ms Kara who organised this year's assembly.

On the 11th of November, we ran our Goulburn High School Showcase. It was a fantastic evening with singing, dancing, debating, sideshow events, great food, robots, and a myriad of stalls and displays. Every faculty in the school was represented as were a number of groups that included students and staff. It was a great example of the myriad of skills and talents of our students and staff. Although all staff were involved in the successful running of the Showcase, a special thanks to Ms Stevenson and Mr O'Connor for the outstanding organisation and planning. We are all looking forward to next year's Showcase.

Our new Principal, Mr Paul Hogan, was visiting on the day of our Showcase and Remembrance Assembly, and took the opportunity to speak to students and staff. He comes to us from Vincentia High School and brings with him a wealth of experience and skill. He officially starts on the first day back at school next year, but has been able to organise to unofficially start on the 5th of December. The whole staff are looking forward to working with him and welcoming him to our school.

Vero Joseph

Goulburn High School Uniform Shop will be open during the school holidays for the purchase of uniforms.

Monday	16th January	09:00AM - 02:00PM
Tuesday	17th January	09:00AM - 02:00PM
Wednesday	18th January	09:00AM - 02:00PM
Monday	23rd January	09:00AM - 02:00PM
Tuesday	24th January	09:00AM - 02:00PM
Wednesday	25th January	09:00AM - 02:00PM
Monday	30th January	08:30AM - 12:30PM
Friday	27th January	9:00AM - 01:00PM

Premier's Debating Challenge

The debating team, consisting of Tiffany Ezzy, Evan Goad, Charlotte Hargan, Holly Jeffs and Elizabeth McCallum recently participated in several rounds of the Premier's Debating Challenge, fortunately finishing as runners-up for the Illawarra and South East Region. We went through with many challenges, and versed many different schools, remaining undefeated right up until the regional final. Our final two debates brought us down to Smith's Hill High School, where we won our semi-final against Braidwood Central, but unfortunately lost against the legendary Smith's Hill High School in the regional final. We have debated through a range of topics, but you still never know what's going to appear on that piece of paper. In August, we had the pleasure of going to a debating camp with Ms Lynam, where we learnt a whole new range of skills from professional debaters and adjudicators, and met up with old friends once again.

Although we have made it this far, we would have never succeeded without our adviser, Ms Bourke, and the many people who helped us all the way—those individuals being Mackenzie Rumph, Emma Kitching, Holly Caffery and Aleasha Puckett. We can't wait till next year for the new debating season to start again.



Tiffany Ezzy, Year 8



Remembrance Day 2016

GHS's Remembrance Day ceremony was held on Friday 11th November 2016. The catafalque party was led by Nathan Ezzy, who marched out the front of the school leading his fellow companions Jacob Maizey, Peter Kavanagh, Kiel Byrne and Dominic Cohrt. It was a sombre and dignified ceremony attended by our new Principal, Mr Paul Hogan



My Trip To China

On 16 September just over 100 NSW public school students flew from Sydney to Shanghai. We were to spend the next 11 days as part of a cultural exchange program, touring and performing at schools across China. I attended as one of the 14 members of the NSW Public Schools State Recorder Ensemble.

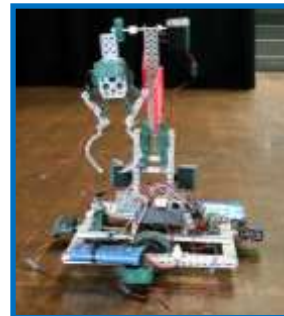
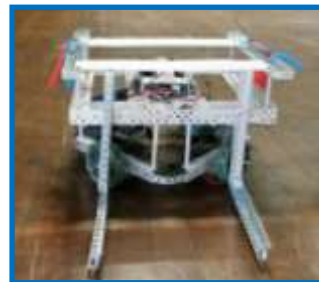
Our first couple of days were spent in Shanghai. We explored the city, went shopping, went on a harbour cruise, and spent a day at the newly-opened Disneyland. It was a gentle introduction to China and a great way for someone from Goulburn to get used to being in a very foreign country.

After this the schedule became hectic. We travelled four hours by train to Nanjing where we visited schools and had our first official performance. It was held at the local exhibition centre. One of the highlights was watching the local Chinese students perform dance, song and martial arts.

From Nanjing we caught a bullet train to Zhengzhou (it travelled at over 300km/hour). We visited a zoo and saw pandas among other animals, visited more schools, and prepared for our next big performance. This time, in addition to playing for 1,000 people sitting in the auditorium, our music went out live on TV to over 10 million people. Huge! During the final few days we went to the Shaolin Temple where we saw amazing kung fu demonstrations, travelled to Beijing, participated in more school visits and saw all the main tourist attractions including the Great Wall, Tiananmen Square and the Forbidden City.

It was an experience that I will never forget.

Alexei Caulfield



Robotics Scrimmage

Canberra's St. Claire's College and Goulburn's Trinity College met at Goulburn High School last Saturday to compete in the State Scrimmage in VEX Robotics. Goulburn High School's team robot 8984 won the Tournament Challenge and the Judge's Award. Robot 8984C won the Designer Award. Thank you to Mrs Hyland and Mr Zampogna for helping the students to compete so successfully. The participants were Charlotte Hargan, Josh Swift, Kynan Cooper, Byron Strickland, Izack McDougall, Cameron Woodgate, Logan Dial and Will Battiste.

The winning students were Charlotte Hargan, Byron Strickland, Kynan Cooper and Josh Swift.



Year 12 Advanced English Discovering Discovery Excursion

On Monday 7th November 2016, students from both Mrs Reece's and Mrs Mani's English Advanced classes were fortunate to attend an excursion to the English Teachers' Association 'Discovering Discovery' study day. Held at the Wesley Centre on Pitt Street in Sydney, we were one of the many schools who got seats to this educational event that allowed us to obtain a better understanding of English Paper one Area of Study 'Discovery' and allowed us to obtain key tips and advice from experienced teachers Karen Yager and Richard Wheeldon about the concept of 'Discovery'. Some of the key elements of this area of study that were covered included the framework of the exam, understanding of the extended essay questions, key tips for imaginative writing and how to choose appropriate and meaningful related texts. Finally, we would like to thank the English department and the school for enabling us to attend this important study day and a big thanks to Mrs Mani who attended the excursion on the day.

Cory Roberts , Year 12

GHS Human Rights Action Group—Christmas Food Appeal

The recently formed GHS Human Rights Action Group aims to raise awareness of human rights and social justice, and to promote a fair and just society and world. The group will focus on global areas of need as well as need in the local community. The group's first project is to co-ordinate a Christmas food appeal, to support Anglicare's work with families in Goulburn.

We would be very grateful for all donations of non-perishable food items, such as:

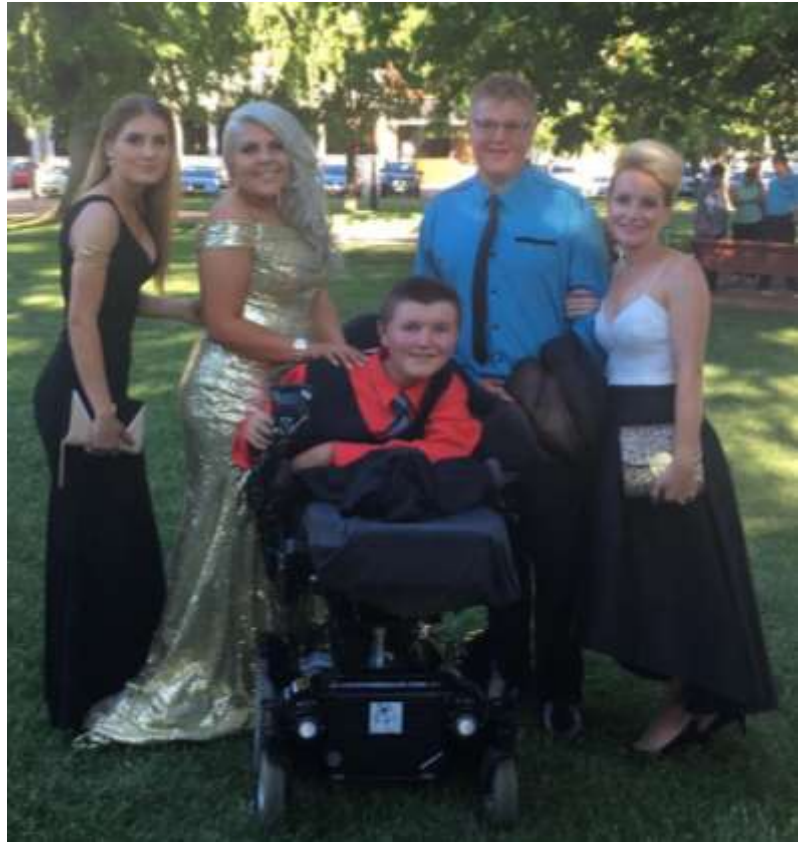
- Christmas cake
- Christmas pudding
- Tinned ham (450g)
- Tinned salmon (415g)
- Dried pasta (500g)
- Tea (50pk) or coffee (100g)
- Sugar (500g)
- Long-life milk, custard or cream
- Packet of biscuits
- Pancake or cake mix
- Jam (500g)
- Tinned vegetables (425g)
- Tinned fruit (825g/425g)
- Lollies (200g)



Donations can be left in the Christmas basket outside the print room.

***Thank you from the
Human Rights Action Group***





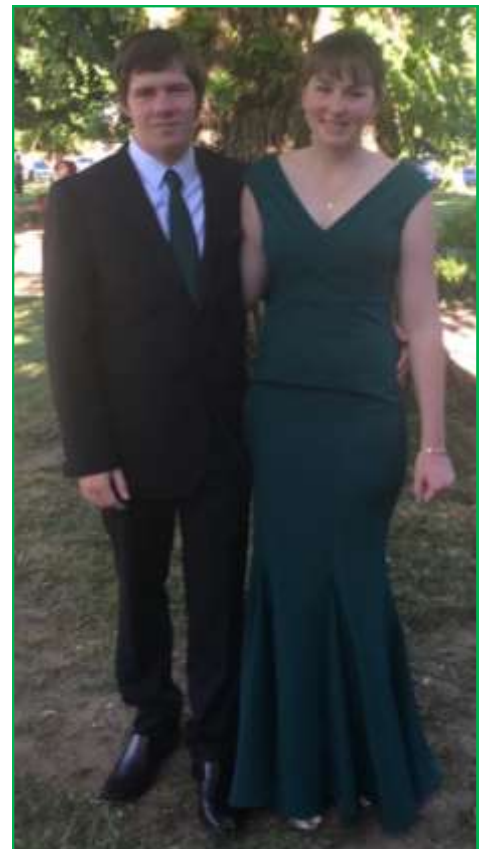
Photos courtesy of Ms Bourke and Ms Lynam.





Year 12 2016

Formal



Victor Chang School Science Award – Congratulations Margaret Hargan

Congratulations to Margaret Hargan, who recently received the Victor Chang Cardiac Research Institute School Science Award. This was a very proud moment for Margaret and the school. Margaret is a motivated and passionate student, who has achieved outstanding results in Stage 6 Biology. Margaret has been a finalist in the Goulburn High School Science Fair each year from 2013 to 2016 and is an enthusiastic member of the Science and Engineering Challenge.

Margaret is a proactive leader at Goulburn High School. She is a member of the Goulburn High School Student Representative Council and has led and participated in several school based activities. Margaret is also an active community member, and is currently Mayor of the Goulburn Mulwaree Youth Council. She has helped run local events through her involvement in the Be Seen Be Heard project.

Margaret said it was an honour to receive this award and to learn more about the Victor Chang Cardiac Research Institute and the huge significance it has in our society, especially as heart based diseases and conditions are becoming increasingly prevalent in Australia. "This has helped me to realise the diverse career paths I can go into once I complete high school. I would like to thank my Biology teacher, Mrs McLean, and Head Teacher of Science, Mrs Hyland, for helping me with my studies and developing my understanding of the interesting and complex nature of Biology."

Congratulations, Margaret, and best wishes for continued success in Year 12.



Transport for NSW (TfNSW) would like to advise any student wishing to update their details to please do so prior to 31 December 2016.

The link to update student details is:

<https://apps.transport.nsw.gov.au/ssts/updateDetails>

After 31 December 2016 students must apply for a new pass at:

<https://apps.transport.nsw.gov.au/ssts/howtoApply>

Completed forms must be printed, signed and dated and sent to the school for verification.

Careers Desk

SKILLS & THRILLS CAREER SHOWCASE – Years 9 & 10 students will be attending an excursion to the Lilac City Cinema, **Periods 1 & 2 Thursday 1st December.**

The Skills and Thrills showcase will take careers advice out of the office and onto the screen through an exhilarating film packed with music, video and animation. Students will find out the latest on jobs of the future, industry trends and how to connect their passions to a successful career outcome.

SkillsOne will showcase a variety of in-demand industry areas, with a focus to the needs of our region including; Tourism and Hospitality; Building and Construction; Community Services and Healthcare; Digital, IT and STEM; Creative Industries; Primary Industries and Agribusiness; Government jobs; and Service sectors.

Importantly students will learn about career opportunities in each sector and avenues on where to go for training.

The showcase will leave them inspired about Vocational Education and Training and outline the importance that skills and trades bring to the Australian economy and their region.

Students have the option of meeting teachers at the venue at 9.10, or meeting teachers during Roll Call and walking with them to the venue. School bags can be locked in a classroom before departure. All students will walk back to school as directed by staff, returning in time for Recess.

All students must return a permission note to Mrs Kennedy by Friday 25th November.

YEAR 10 University of Canberra Excursion – Tuesday 29th November

Students have been participating in Aspire Workshops run by the Aspiration Agents of the university, and have now been invited to the university to see the campus and find out about what is on offer there.

Only 50 seats available ... notes to be returned to Mrs Kennedy ASAP

YEAR 12 : CAREERS ADVISORY SERVICE – available for careers advice and support from 19th – 21st December, after the HSC and ATAR results are released. Online advice from www.cas.det.nsw.ed.au or call 1300300687. Also remember that Mrs Kennedy is available to support you even next year if you need it.

YEAR 10,11,12 : Have you checked your students online account recently ?

<http://studentonline.bos.nsw.edu.au/>

This is where you will access your RoSA and HSC results.

Key Dates:

16th November: Year 11

Preliminary RoSA grades

7th December: Year 10

Stage 5 RoSA grades

15th December: Year 12

HSC Results (16th Dec. ATARs released to students by UAC)

YEAR 10 WORK EXPERIENCE: During the remaining weeks of Term 4 students have an excellent opportunity to organise Work Experience and develop some excellent skills. Forms can be collected from Mrs Kennedy and must be returned a week before the Work Experience.

Congratulations to the following students who have completed Work Experience. A big thank you to the employers for supporting the students and providing them with such a valuable opportunity.

Josh Wearne	Goulburn Mulwaree Council
Kayla Webb	Southern Tablelands Veterinary Hospital
Ryan Eather	Gunning Service Centre
Indy Herrett	Warrigal Care Catering Industries

Further information and support available from Mrs Kennedy.



Deputy Principals' Report

E Safety—As educators and parents, the challenge we face ensuring that our students and children remain safe online and connected to learning is of great importance. One of the best resources for parents is this website: <https://www.esafety.gov.au>. On this site is the iParent link. Here parents can learn about the digital environment and keep updated on their children's technology use. You can find guidance for using safety settings on your family's web-connected devices, tips for choosing movies and games and strategies for keeping young people safe online.

Meeting children at the gate or fence—On occasion, parents need to come to the school to drop off food for their children. Whilst it is tempting to have your students wait at the gate or pass the food through the fence, it is very difficult for staff to determine who the adult is and exactly what is being passed through. This is made even more complex as a result of court orders and other child protection issues. We ask parents to please come to the front office with the item(s) to be delivered and we will organise for your child to receive it. Students should not be ordering food from local businesses and having it delivered through the fence line as these adults are even less known by our staff.

Leave pass—If your child needs to leave school for any reason they must bring a note from home clearly stating where they are going, at what time, and if they will be returning to school. We encourage parents to collect their child from the front office. However, if you are unable to collect your child from the front office then please indicate alternative arrangements in the note. Notes must be signed by a parent with a contact number.

School shoes—The school requires students to wear enclosed black leather shoes. Shoes with other colours, including white on the edge of the soles, are not permitted under our uniform code. Students wearing canvas shoes will not be permitted to undertake practical work in a number of subjects. Steel-capped shoes/boots are not permitted as school shoes. Please ensure that you read the requirements carefully – if there are any uncertainties with regard to uniform, please do not hesitate to contact the school.

Water bombs—It is extremely disappointing that despite numerous reminders some students are still throwing water bombs at school. Throwing water bombs can be extremely dangerous and may result in causing serious harm to other students. The school has taken a strong stance in dealing with this situation and may place students who are engaged in such activities on a caution of suspension, or a suspension for continued disobedience. We value your support in managing this situation.

Mr Mani & Mrs Reece

Important Dates – Term 4 2016

White Ribbon day	25/11/2016
Year 10 Camp	5/12/2016 – 7 /12/2016
Presentation Evening	8/12/2016
HSC results released	15/12/2016
Last day of school for students	16/12/2016

Important Dates – Term 1 2017

Start of school term for students (7, 11, 12)	30/01/2017
Start of school term for students (8, 9, 10)	31/01/2017
Swimming Carnival	10/02/2017





GHS SHOWCASE





WELLBEING AT GOULBURN HIGH

Like adults, teenagers deal with a lot of stress. Unlike adults, teens haven't yet learned how to deal with it.

Teens can be pretty secretive when it comes to all the things they're going through. From school stress and anxiety about the future to identity struggles and problems with friends, adolescents have a lot going on. Parents and family members most often want to know what's going on and how to help, but teens don't always open up. It can be very frustrating when a teen lashes out or shuts down for no apparent reason.

So, what can a parent do about this? Here are some strategies you can use to support your teenager.

You can establish special communication, like a code word your teen can use to let you know he or she is upset and is not ready yet to talk about it. Later, you can follow up to see if enough time has passed and your teen is ready to talk.

Teens often use negative, irrational self-talk—telling themselves that they're worthless or stupid— you can counteract that talk. For instance, you can say, “you're not stupid, you just made a mistake” or “I know you're disappointed that you didn't make the team. It's okay to be disappointed. You tried really hard this term and I'm proud of your hard work.”

Checking in with your teenager with eye contact to ensure he or she feels seen and heard is also a great way to show concern and interest.

Lastly, encouraging enjoyable activities that can help reduce stress like going for a walk, drawing, or playing sport can help your teen build much needed coping skills to manage life's stressful moments.

Learning to manage stress and emotions are really important tasks of adolescence and parents serve a vital role in the learning process.

And lastly, remember to download the Smiling Mind App for some guided meditation:

<https://smilingmind.com.au/smiling-mind-app/>

The **White Ribbon Action Team** has been working really hard to raise awareness of family and domestic violence and how we, as a school, can work towards a more safe, positive and caring environment at GHS. The White Ribbon stand at the GHS Showcase did some great work in raising awareness, answering questions and applying WR tattoos! They also raised over \$170 thanks to the generosity of our community. Many students and staff are joining in for the community **White Ribbon Walk on Friday 25 November** which will follow a student presentation at an Assembly.

You might have seen the Goulburn Post article on the wonderful work the Team is undertaking. Congratulations!

<http://www.goulburnpost.com.au/story/4298818/wave-a-white-flag-but-not-in-defeat/>

The **Mind Matters Action Team** is currently reviewing and rewriting the Years 7 and 8 programs for 2017. We will be focusing on the 8 ways of Aboriginal learning and working towards school based project learning.

*Ms Catherine Baker
Head Teacher Wellbeing*



Take your family on
an amazing cultural
journey, without
leaving home...

BECOME AN AFS HOST FAMILY!



www.afs.org.au/host | 1300 131 736 | aus.hosting@afs.org

In February and July each year AFS welcomes students and volunteers from across the globe to experience the Australian way of life for anywhere from 2 weeks to 11 months, to either attend a local high school or volunteer at a local community organisation. AFS places each participant with an Australian host family who have volunteered to open their home and hearts, and welcome a "new" family member into their lives. Hosting an AFS participant is your families chance to experience a new culture in your own home and develop friendships that last a lifetime, expand your families horizons, and give you a new son or daughter.

Who is eligible to host?

Anyone can apply to be a host, provided they're over 25. There is no "typical" AFS Host Family. AFS families cover a broad spectrum of ethnic, religious, cultural and socio-economic backgrounds, both rural and urban. Families can have young or teenage children at home, be empty nesters with adult children, or be couples with no children. Single adults and single parents are also welcome, as are same sex couples. All host families are different, and that's what makes each participants's exchange experience unique!

The key to being a host family is the word 'family'. Your new son or daughter becomes a member of your family, just carry on as usual and treat them like any other family member. They live as you do and experience your life. During the program, AFS provides a support network of volunteers around the country who are available to help support both your family and the participant.

What AFS is really looking for is a warm, caring and safe environment. In return, we do our best to match you with a student or volunteer compatible with your families interests, personalities, and way of life.

What hosting options are there?

We offer a number of different hosting durations and commitments, based on what works best for your family...

Intensive Program Families	Duration of two to twelve weeks. Participants are aged between 15 and 18.
School Program Families	Duration of five to eleven months. Participants are aged between 15 and 18.
18+ Volunteer Program Families	Duration of three to eleven months. Participants will be at least 18 years old.
Welcome Families	Host a student for the beginning of their stay until a permanent host family is found for them.

What is required of an AFS Host Family?

As a host family, you will provide your student with:

- The opportunity to participate in your family's daily life
- The same care, support, and comfort you would any other member of your family
- A bed (not convertible or inflatable in nature, though sharing a room with a sibling of the same gender close in age is fine)
- Three quality meals a day.

AFS Host Families agree to screening processes including relevant working with children checks for family members.



Connecting Lives. Sharing Cultures

Sounds interesting! I'd like to know more, what should I do now?

To find out more about becoming an AFS Host Family, talk to your local AFS volunteer or call the AFS Hosting Team on 1300 131 736, visit www.afs.org.au/host or email aus.hosting@afs.org