



Goul Burn High School News letter



8/12

25th August 2016

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Goulburn High School congratulates our new **Captains, Vice-Captains** and **Prefects**.

We are looking forward to our senior students leading by example and acting as the role models they already are to many of our younger pupils.

We also have a record number of Stage 5 students attending the Goulburn Workers Club sponsored **Aspire Program**, led by former Canberra Raider, Alan Tongue. This program encourages and supports our male students during term 3.



Principal's Report



Congratulations to our new school Captains, Vice Captains and Prefects. The quality of all nominees was exceptionally high and is a reflection of the hard work we do in developing leadership skills in our students. We had 36 students apply for Prefect and I believe every one of those students would have filled the role admirably. Thank you to Mrs Stephenson for her great work as prefect coordinator.

Our school has been growing steadily over the past few years with current numbers around 670 students. Next year we are expecting a significant increase as our current very small year 12 cohort completes their studies and a big year 7 group arrives for 2017. Those students are currently in year 6 and have been visiting Goulburn High School in their school groups over the past week. They look to be a great group and I know their year advisor, Mrs Eagles, has been working very hard to support their transition to high school. With this large year 7 arriving in 2017, I am forecasting our numbers will increase by around 30 students.

Our school recently competed in the regional athletics with a great effort from all our students. Special congratulations to Joseph Moloney-Kremer, Rhys Rakete, Ryan Goad, Bree Smith and Janice Barry for making it through to the next level (State Athletics). Congratulations also to Hayley Cooper who has been selected for South Coast Tennis, and to Ryan Wake and Shakira Reeve refereeing at the All Schools Touch Championships.

Whilst it is clear that our students are very capable when it comes to sports, we are certainly not lacking in the performing arts. Our dancers and singers were outstanding at the recent GCOPS concerts and I have received much positive feedback about the quality of their performances. These students are backed by very hardworking staff and all should be congratulated for their efforts. A special mention needs to be made about Alexei Caulfield in year 7. Alexei is an outstanding recorder player and over the next couple of months will be performing at a number of special events. This will begin with performing at the Festival of Instrumental Music at the Opera House, then performing before a parliamentary audience at NSW State Parliament House as one of a handful of musicians chosen to showcase the work of regional conservatoriums throughout the state. He then leaves for China as part of the NSW State Recorder Ensemble. Congratulations to Alexei for this amazing achievement!

Vero Joseph

On Wednesday 3rd of August, several Goulburn High School students participated in the GCOPs concert, held at the Workers Club.

Otto Kemmis and Natasha Dawson did a wonderful job compering the evening.

Hazel Lumantas and Fiona Adarne held the audience spellbound with their beautiful vocal performances, while Jacob Casey accompanied Heather Davey and Hannah Painter on the bagpipes while the girls danced the Highland fling. The night was rounded out nicely by a dance performance from Margaret Hargan, Heather Davey, Rebecca Torrance and Tiffany Edwardson.

Well done to all students who showcased their performance talents and represented our school with pride.



PREFECT ELECTION

The past fortnight has seen the induction of 16 new Prefects for 2016/17. On Monday of week 3, students and staff were given the opportunity to vote for our new school leaders. This year we had 33 Year 11 students nominate for prefecture—this has been our largest group of nominees for quite a long time. All students who nominated were more than capable of fulfilling the role, and for this reason it was a very difficult decision to make for both staff and students. After the prefects were selected, we then carried out the process of nominating for School Captain and Vice-Captain. After all of the votes were counted the new school leadership group is as follows:

Captains

James Byrne

Heather Davey

Vice-Captains

Cory Roberts

Natasha Dawson

Prefects

Lauryn Backhouse

Hollie Deaton

Kieren Edworthy

Angus Kemmis

Angus McDonald

Stuart McDonald

Georgia Noack

Aleisha Price

Jasmyn Ruffles

Justin Taylor

Lloyd Warren

Shayley Woodgate



All 16 students have expressed how fortunate they feel to be a Prefect for Goulburn High School and are thankful, given that there were so many eligible candidates this year. They were very thankful to all of the staff and students who took the time to vote, and they are ready to implement some new initiatives during their time of leadership which is very exciting, so watch this space!

Kara Stephenson

Prefect Coordinator



A very excited Shnaya Stubbings came to the library to show off her complimentary copy of her favourite book, 'You're the Kind of Girl I Write Songs About', by Daniel Herborn. Shnaya wrote to the author to express how much she had enjoyed the book, and to let him know about the huge impact it had made on her. To Shnaya's surprise, Daniel Herborn replied by sending her a copy of the book with a personal inscription.



'Last Year I wrote a letter to the author to tell him that his book inspired me and he sent a signed copy of his book. I want to be an author too. I was so stoked about it.'

Shnaya Stubbings

Shibetsu Sister City Student Visit

On Monday first of August, our Year 10 International Studies class hosted five Japanese students from Shibetsu. We started off by introducing ourselves and doing an activity in which we got to learn what each other's hobbies were. We then did another activity which introduced iconic Australian landmarks. After recess we walked down to the Agricultural Farm. We showed them around and allowed them to interact with the chicken, sheep and alpacas. Afterwards we showed them around the school and compared Australian schools to Japanese schools. When we got back to our class enjoyed traditional everyday Australian food, which included Fairly Bread, Arnott's biscuits, Vegemite on toast, Lamingtons, Tim Tams and Anzac biscuits. The day ended with a fun game of memory where they had to match up Australian food.

The second day involved a trip to the famous Wombeyan Caves. The students got to see lots of kangaroos as well as have a barbeque. We had a great time entertaining our guests.

Taylah Withers and Megan Mikulic





Science and Engineering Challenge 2016

On Friday 29 July, 24 students from Year 9 and Year 10 walked to the Goulburn Soldiers Club to participate in the Science and Engineering Challenge. There were several all day activities from bridge building, making a hovercraft, making flat pack furniture and designing a Mars rover. There were also several half day activities such as stringways, electricity transmission, bionic hand and stability towers.

The students all participated with great enthusiasm and showed great determination to do their best. The Hovercraft Team worked especially hard to complete their task after suffering a number of hardware malfunctions. We managed to achieve fourth place on the day, which was impressive considering we were one team down. I would like to thank the Rotary Clubs of Goulburn and their many volunteers who helped run the activities on the day and I would also like to congratulate the students on their excellent behaviour and participation on the day.

Ms Loveday





Aspire Program 2016

Goulburn High School is once again fortunate enough to have Alan Tongue visiting the school. He is visiting each Friday of term 3 to run the Aspire program involving 20 students. The group has just completed their fourth week of the program and are still going strong. This year's group were a little more anxious about participating in the sessions, however, any worries were quickly diminished when they completed their first session. Alan immediately built a rapport with the students and inspired them to take up the challenges that this program provides. The feedback from the students has been positive with most students finding the program physically hard but incredibly inspiring and helpful.

Some of last year's participants enjoyed the program so much that they have volunteered to help out wherever possible. This brings a new dimension to the program this year. Current participants can learn from the experiences of their peers and can hear first-hand how this program can help. Thank you very much to Jayden Jeffree, Jacob Miller-Norris and Thomas Galliven who have already helped out this year.

The Goulburn Workers Club and the Canberra Raiders have once again supported the program. Their continued support is much appreciated and the generous financial contribution and provision of Raiders gear ensures that Goulburn High School can continue to support their students in this way. Workers Club board member Greg McAleer visited the program and was able to meet with Alan and see the program in action. Greg has been a supporter of the program since its beginning last year and the participants enjoy hearing his words of wisdom and support.

Mr Stephenson





Chinatown Excursion

On the 29th of August 2016, 55 students from year 8 went on an excursion to Chinatown. We all met at the Goulburn train station at around 7:20am. At 7:30am, after a brief instructional speech from Mr Mackay, we boarded the train to Sydney. The train ride to Sydney took 3 hours through many different towns.

We arrived at the train station at around 10:40am and walked to the Chinatown entrance gate. As we were waiting by the entrance, we met with a tour guide called George. George told us about why many shops are red, green and gold and a brief history lesson on the dragon

statues. Next we walked down the street, taking note of the culture and how a shop has been passed down many generations. As we were walking across a road, George told us to not step on the metal plating that was on the ground. This was the portal to the spirit realm and human realm, and you will get bad luck a long time! Then we walked down an alley called 'Ghost Alley'. This was because friendly ghosts hang around there and cut out ghosts were attached to the buildings as a representation.

After that we went to the Chinatown Mall to check if anyone needed to go to the toilet. We took note of how Chinese shops differ from English shops and the many different products they sold. When we exited, we walked down to the offering shop. An offering shop is where you buy cardboard versions of expensive items to burn as an offering to the god. In that shop the 2nd layer was for offerings but the 1st was for items such as necklaces, key rings, statues, jewels,



fans and lanterns. Next we went to the medicine store where they used herbs and tea to help heal anything. There were many unusual items that we wouldn't have in our regular pharmacy.

We walked to Yum-Cha which was next to the entrance we came in. We all sat down at 8 seater tables and we were all showing off our skills on how to use chopsticks. After that, our food came: steamed pork buns, dumplings, fried noodles, fried rice and chicken feet. A lot of people planned on eating the feet, despite not accustomed to Chinese food. We later walked down to a build-your-own frozen yogurt shop.

Next we walked to the beautiful Chinese gardens. As everyone was admiring the plants and the scenery, Holly, Natalie, Charlotte and many others, got dressed into Empress gowns and wore amazing flower crowns. We walked around the gardens as delicately as we could (the dresses were longer than our legs so we would trip over otherwise!) and took many photos in graceful poses. The Chinese gardens were lush and green and the water sparkled in the reflection of the beautiful blue sky. After about an hour, we got undressed and ready to leave.

We arrived at the train station at 3:50pm and made our way to the vending machines for snacks to have on the long ride home. At 4pm, we were about to get on the train, then the train left! We had to wait at the train station for 20 minutes and then took the train to Campbelltown. We all called our parents to tell them we'll be late and then boarded the train. Once we arrived at Campbelltown, we had to wait there for an hour, this was at 4:30pm. Once the train arrived at 5:30pm, we boarded it and made our way to Goulburn. The train took 3

hours, so many of us were bored, but we still had the company of our friends to chat with. We arrived in Goulburn at 8:30pm and then went home with our parents or friends. Overall, I think we would all go on another trip to Chinatown anytime!

Libby McCullum





Sports Report

Regional Athletics

On the 5th of August around 25 Goulburn High students made the trek over to the AIS in Canberra for the South Coast Regional Athletics Carnival.

Competing against students from 20 other high schools our students did themselves and the school proud, with their competitiveness and sportsmanship on the day.

5 students were successful in qualifying for the CHS State Athletics Championship to be held in Sydney over September 7th-9th. They are Bree Smith, Rhys Rakete, Janice Barry, Ryan Goad and Joseph Moloney-Kremer. We wish these students all the best.

A big thank you to Samantha Elder for taking some great action photos on the day!

Netball Schools Cup Stage 2

On the 4th of August the Year 7 Boys Netball Team travelled to Queanbeyan to participate in the second round of Netball NSW Schools Cup.

The boys had a very strong start, winning over Mulwaree High School. Jai Carney dominated in Centre. Rhys Hargrave and Lachlan Handley conquered the shooting end of the court.

Narooma High School, who won the competition, were a force to be reckoned with. Goulburn High School stayed even in the first half but fell as Narooma used their height to their advantage.

The Illawarra Grammar School had two strong teams. We managed to win by one against TIGS Blue, however lost by two against TIGS Red. Harry Elder, Ethan Francis and Jared Murphy worked cohesively to turn the ball over in both games for more scoring opportunities.

The final round was against Braidwood High School. Tyler Evans and Stuart Hunter's attacking skills optimised Ben Hargrave's scoring opportunities to increase our lead.

The team finished in third place overall. Congratulations to all boys that participated. They represented Goulburn High School with pride and passion. Also, thank you to Taylor Murphy for umpiring throughout the day.

Miss Binks



YESTERDAY'S HEROES



Mr Stephenson

Staff Profile

What sports do you play? **Soccer.**

What is your greatest sporting achievement? **National Youth League.**

Who is your favourite sporting team? **St. George Dragons.**

Who is your sporting role model? **Alan Tongue.**

What is your long term sporting goal? **To continue competing for as long as I can.**

What is the hardest sport in the world? Why? **Surfing, just when you think you are on top of it, the conditions change.**

What motivates you to perform at your best? **The people around me, especially teammates and coaches.**

Why did you become a teacher? **I enjoy working with young people—they keep me young.**

Where do you see yourself in 10 years? **Teaching and supporting my kids as they become young adults.**



GOULBURN TOUCH ASSOCIATION

Starts Tuesday 11th October 2016

Held at Carr Confoy, Park Road East Goulburn

Boys, Girls & Mixed teams: ages 6 – 16

Only \$65 per player (Early Bird & Online Rego)

\$80 per player (After competition starts or cash/cheque payment)

Registration: Online at any time at the website below

Touch football is a low contact, sociable way to have fun with friends, meet new people and stay fit and active over the summer months!

Contact – juniors@goulburntouch.com.au

Steven Dunn 0438 223 815

Facebook: GoulburnTouch

Twitter: @Goulburn_Touch





TECH TIME



On the 9th of August the class of 8TM3 held a morning tea in D Block for parents and carers. My group was assigned to the zucchini slice and after all of the ingredients were mixed together, we then poured the mixture into the lined baking tins and put them into the oven to cook for 30 minutes.

When we were plating up the dishes, we decided to try different, more difficult garnishes. Our final dish ended up with some lettuce leaves underneath the piece of slice, with a half slice of a tomato leaning against the side of the slice. Then to finish off the dish, we added a piece of carrot peel that we had rolled up into cylinder shapes on the side of the plate.

The morning tea was a success and it was a great chance for everyone to show off and use their personal cooking/baking talents. To be able to share the dishes we created with our family and friends just made the day so much better.



I would finally like to thank Miss Friend for her help on the day, my peers in my bay for their cooperation and all our guests.

Emma Kitching, Year 8





Deputy Principals' Report

It has been a busy term and it is hard to believe it is already Week 6. Congratulations and thank you to our students who continue to demonstrate the GHS values through their consistent behaviour and positive effort. We would also like to congratulate our newly elected Prefects and School Captains and Vice Captains. They have many good ideas on how they will serve and represent the school over the coming year and we look forward to their input and participation. We would like to say a very big thank you to our outgoing year 12 Prefects and congratulate them on an excellent job. They have certainly served as excellent role models and exemplary representatives

of Goulburn High School.

It is good to see the majority of our students wearing correct school uniform. Our uniform shop is able to provide the correct uniform at a very reasonable cost. We also have some second hand items for sale in the school canteen. We would like to remind students that socks should be white and shoes should be fully enclosed polishable black leather. If you have questions or concerns regarding school uniform, please do not hesitate to contact us.

We will be holding our Term 3 Recognition Assembly in Week 8. Several of our students have already achieved Merit and Bronze Levels in our PBL (Positive Behaviour for Learning) program. To achieve the positive levels of Merit, Bronze, Silver and Gold, students need to consistently demonstrate our school values in order to accumulate GHS "Dollars" (points) and Postcards, as well as ensure their attendance, behavior and uniform is satisfactory.

Last week students who have been awarded at least 20 GHS "Dollars" were rewarded with an icy pole. Thank you to Mrs Anable for co-ordinating this. Parents and students are reminded that they can check on the Student and Parent Portals to see how many GHS "Dollars" and Postcards students have received.

Mrs Reece and Mr Mani

Calendar

Tuesday 23 rd August	Science Fair
Thursday 25 th August	Year 7 immunisation
Monday 19 th August	Year 12 HSC Visual Art Major Works due
Wednesday 31 st August	Year 10 Geography excursion
Friday 2 nd September	Year 11 Advanced English excursion
Thursday 8 th September	Recognition Assembly and Prefect Induction
Friday 9 th September	Canberra Youth Dance Festival
Monday 12 th September	Year 11 exams begin
Saturday 17 th September	Year 11 Great Barrier Reef Excursion
Thursday 22 nd September	Year 12 Graduation Assembly

CALL FOR VOLUNTEERS!

The Learning and Support and Wellbeing Teams are calling for volunteers from our community to assist with and be trained for the following:

**Reader/writers for Special Provisions in exams including the HSC
and**

Reading assistance for our Multi Lit (iPod) program

All volunteers need to have a current Working with Children Check, but as a volunteer this is FREE.

If you would like to contribute to and be involved in the learning and well-being of our students at Goulburn High, we would love to hear from you.

Please contact our Learning and Support Teacher, Mrs Gina Handley or the Head Teacher Wellbeing, Ms Catherine Baker on 4821 4022.

You can obtain your WWC online and then down at the Goulburn Service Centre in Auburn Street.

267 Auburn Street

Goulburn NSW 2580.

Email: info@service.nsw.gov.au

Phone: 13 77 88

The Uniform Shop will be holding a 20% off sale in the last 2 weeks of Term 3

Monday	12 September
Thursday	15 September
Monday	19 September
Thursday	22 September

Normal shop hours of 8:30am - 12:30pm will still apply.

There will be no exchanges or refunds available on sale items.

Payments can only be made by cash or EFTPOS.

Change rooms are available.

Come in and grab a bargain.

Careers Desk

Yr 12 IMPORTANT INFORMATION –UAC application deadline is Friday 30th September. Students should also be preparing early entry applications for the institutes that they are interested in. Further support and guidance is available from Mrs Kennedy.

IMPORTANT REFORMS TO THE HSC were announced by the Minister for Education, Adrian Piccoli, on 19 July 2016. These reforms will come into effect over the next four years along with new Year 11 and 12 syllabuses in English, Maths, Science and History. They include:

- from 2020 students will be required to meet a minimum literacy and numeracy standard to gain their HSC. The minimum standard has been set at Level 3 of the Australian Core Skills Framework. Students in Year 9 from 2017 will have a number of opportunities to demonstrate the minimum standard including passing the BOSTES online literacy and numeracy tests in Years 10, 11 or 12 , or in Year 9 through NAPLAN by achieving Band 8 in NAPLAN in reading, writing and numeracy. Students with a disability who undertake Stage 6 Life Skills English and Stage 6 Life Skills Mathematics courses will be exempt from the minimum standard. Other exemptions, including for students with English as an Additional Language and Dialect and students with learning difficulties, will be considered in the development of policy in relation to the minimum standard. Students with a disability will continue to use adjustments to undertake the NAPLAN tests and will be eligible for similar provisions in the online literacy and numeracy tests.
- new courses, starting with a Science Extension course for Year 12 from 2019.
- introducing rigorous guidelines for effective school-based assessment that focuses on the application of knowledge and skills, and reduces student stress by capping the number of tasks.
- apply a common scale for Maths, to encourage students to study the Maths course best suited to their level of ability.
- establishing a regular review cycle of syllabuses provided online. Syllabuses will provide more opportunities for students to master knowledge and skills.
- redesign HSC exam questions to assess depth of knowledge and application of skills

Further information can be obtained from:

<http://www.boardofstudies.nsw.edu.au/policy-research/stronger-hsc-standards/>

TVET Courses: TAFE delivered vocational education courses

During the next few weeks students in Years 9 to 11 will be given the opportunity to apply for 2017 TVET courses delivered through TAFE Illawarra. These subjects are included in their Stage 6 (Year 11 & 12) RoSA. Courses available include:

Automotive; Primary Industries; Human Services – Individual Support (Ageing); Animal Studies; Community Services; Early Childhood Education and Care; Floristry Assistant; Hairdressing; Indigenous Primary Health Care; Individual Support – Disability; Resources and Infrastructure (Metals) and Retail Makeup.

Student must ensure that they are listening at assemblies and in Roll Call for details about the application process.

KEY DATES: University Open days are a great source of inspiration for students of all years.

ACT Open Day – All the tertiary Institutions in Canberra will be open for inspection on Saturday 27th August. This is an excellent opportunity to visit CIT (the TAFE equivalent in the ACT), ADFA, University of Canberra, Australian National University, and the Australian Catholic University. Information is available from the following websites, make sure you plan your day and have plenty of questions ready.

<http://tertiaryopenday.com/>

YEAR 10 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.

Jessica Heath – **Landmark Goulburn**

Jamie Caulfield – **Holcim Marulan**

Further information and support available from Mrs Kennedy.



Adjudicating Public Speaking At Wollondilly Primary School

Three of our Stage 4 debaters and public speakers were invited to adjudicate Wollondilly's Public Speaking event and were highly commended for their mature and fair judgement. Mr Dunn, a very experienced Rostrum Public Speaking adjudicator, spoke very highly of Tiffany Ezzy, Charlotte Hargan and Evan Goad, and thanked Goulburn High School for allowing the students to judge the primary students' speaking efforts. Well done Tiffany, Charlotte and Evan.



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WELLBEING AT GOULBURN HIGH

The **Mind Matters** Action Team met this week to review how this program has been delivered and developed this year with years 7 and 8. Feedback from student surveys has been mostly positive, with students enjoying the different and engaging activities as well as having an opportunity to air their opinions and thoughts on how we treat each other and how we deal with difficult situations.

With the focus on developing resilience and dealing with and understanding bullying, both these year levels have also challenged the teachers delivering the program to ensure we continue to refine and improve this program. The Mind Matter team will meet early next term to share ideas and resources to ensure reflective and authentic programming for 2017.

This term we again have several students attending the Department's **Links to Learning** Program. This takes place each term and the students attend twice a week. There is again, a waiting list for Term 4 so it is great we can partner with the community and the DEC to offer this alternate program. We are also partnering with Goulburn/Mulwaree Council to participate in the **Girl Force Project**. There are 12 girls attending this term and we hope to have the same number next term.

Twenty boys are attending the **Aspire** program every Friday with Mr Stephenson and Mr Tongue, a football celebrity—There will be an article published in the local paper soon, so keep an eye out! All these programs endeavour to reengage our students with a sense of purpose and a sense of self and the confidence with which to make appropriate decisions and to appreciate their own worth. I congratulate all participants for making the commitment to participate in these programs.

Next week I am attending Goulburn High's first **Breaking the Silence** workshop in Canberra with our Principal Mr Joseph and our Boys' Advisor, Mr Carroll. I have long held the belief that violence against women and girls is a societal problem, and as a society we need to work together and educate our young people about positive relationships and developing healthy respect for ourselves and others. The White Ribbon framework of education and informed conversations fits perfectly with our **Mind Matters** programming as well as our **School Values**. With dedicated work and the support of our whole school community we can achieve our goal of becoming a **White Ribbon School**. We will be teaming with Goulburn's community groups again this year to participate in White Ribbon Day later in the year, however the Breaking the Silence program will empower us as a school to say no and speak up against violence.

If you have any questions about these programs, please don't hesitate to contact me. I would love to share the great things on which our students and staff are working so hard.

Ms Catherine Baker
Head Teacher Wellbeing