



### WELCOME YEAR 7 – 2019

“Helping your child develop good study habits during years 7 & 8 is essential to giving them the best opportunities for their future”

## PRINCIPALS REPORT

Welcome to our new staff and students as we commence another successful year at Lake Macquarie High School. This year we are growing in enrolments and progressing through facility improvements across the school. Our new Support Unit classrooms will be available for Term 2 along with more improvements to school accessibility.

Congratulations to our 2018 Year 12 students on their persistent hard work. Thankyou also to Mrs Bronwyn Svilah, as Year Advisor going above and beyond in many ways to support each and every child in their learning. I am proud of the success of all of our graduates and as a cohort, they achieved the following:  
Band 6 Drama – Hayley Jorgenson  
Band 6 – Metals and Engineering VET – Natasha Behrens (2<sup>nd</sup> in NSW)  
19 Band 5 results across a number of subjects

It was also pleasing to see all students that applied for university were successful, leading to bright futures ahead for our students.

We have had a number of changes in staff this year. Welcome to the following staff who have joined us at LMHS:

Mrs Wendy Heaney – Deputy Principal  
Mr Andrew Newell-Swan – English  
Mrs Caoimhe Lalor – Science  
Mrs Carla Rayson – Support Unit  
Miss Casey Wrightson – TAS  
Mrs Jacqueline Fennell – SLSO  
Mr Anthony Bell – SLSO  
Rochelle Jeans – SLSO

Also, in term 4 last year it gave me great pleasure to appoint Mrs Audrey Inglis permanently to Lake Macquarie High School.

Over the break, I posted school updates through our Facebook page. Parents are encouraged to like our page and access our Parent Portal to keep up to date with all events and information coming from the school.

This year Lake Macquarie High School is one of three high schools in the Hunter that are involved in the STEM Industry School Partnership Project, through the NSW Department of Education, RDA Hunter and various other local businesses. This project will see the school link further with STEM related industries and events. Funds provided will go towards staff professional learning to continue the reshaping of the curriculum at LMHS and towards students accessing high-level STEM events.



We are one of the only high school that offer a full STEM related curriculum 7 – 10. iSTEM is not mandatory in Year 8 along with Drama and Performance. This decision was made to build each and every students confidence in Public Speaking and working in groups. Often the first public speaking opportunity for students outside of school is their first job interview. As our numbers continue to grow, we will be able to offer a wider curriculum in the coming years.



Enrolments are still open for Year 7 – 12 students. This year we have 4 classes in Year 7, while retaining the four classes in Year 8, to have fewer students in each class allowing for future expansion. It is exciting to see Billy's Lookout developing further and housing in the Bundarra estate being completed. These areas reside in our enrolment catchment area and I encourage any new parents to the area to come and see what Lake Macquarie High School can offer your child.

Until next time



**Brendan Maher**

## DEPUTY PRINCIPAL NEWS

Students have settled well into the new school year. An assessment task planner will be issued to all students and will be available on the school website and Facebook. Students and parents should be aware of when assessments are due and what is required. Those students who did not receive a copy can obtain one from the school Administration office.

The wearing of school uniform is compulsory at Lake Macquarie High School. The school uniform shop operates from 8:30am to 1:30pm each Thursday. We also have a small pool of second hand clothing, which may be accessed by students in need. Donations of school uniforms no longer needed will be gratefully accepted. Please call the school if you have concerns over school uniform.

Students are permitted to bring phones to school provided they take full responsibility for them and conform to the school rules governing them. Phones are to be turned off while in class and must be out of view in bags. If parents need to contact their children, break times are between 11:00am to 11.30 and from 1:30pm to 2pm each day. In the case of an emergency, please contact the school Administration office on 49581544.

Many of our Senior students drive to school. In order to use the school car park, an appropriate form must be completed and driver's license and registration papers must be produced. The forms can be obtained from myself. Parents of Senior students are also reminded that attendance for the full school day is required unless an arrangement for early leave has been made with Mr Maher.

Year 7 have completed their Year 7 Wellbeing Focus Day. On Monday 11<sup>th</sup> February Senior Constable Nathan Johns, will be talking to year 8, to Year 12 students on social media awareness in the near future.

Each year the school must have student anaphylaxis action plans and Asthma health care plans reviewed. If your child has been recently diagnosed, could you please contact the school and provide details. If your child is already diagnosed with Asthma, you will receive forms in the mail that are required to be updated and signed by your local GP.



We are very lucky to have two Deputy Principal's now at Lake Macquarie High School and I would like welcome Mrs Wendy Heaney to our team. If you are having any concerns regarding your child, please do not hesitate to contact us on the school phone 49581544.

**Jennifer McEwan**  
**Deputy Principal**

I would like to take this opportunity to thank Lake Macquarie High School staff and students for the very warm welcome I have received since starting here at the beginning of the year. I have had 17 years in the position of Deputy Principal in three different schools and now very much look forward to working with the broader Lake Macquarie High School community.

I am impressed with how quickly students have settled back into school routines after the holidays and with the level of student engagement in the classes I have visited. I look forward to more classroom visits throughout the term.

Attendance; Arriving to Lake Macquarie High School on time is compulsory. Lateness is recorded as a partial absence and must be explained by parents/carers in the form of written/verbal communication or via SMS message.

All students are required to attend school every day that school is open. If they are sick, SMS's are sent home daily. Parents can respond to notify us of their child's absence. It is a requirement from the Department of Education that the school attempt to contact parents after 2 days absent. The school rolls are a legal document and cannot be changed after 7 days; therefore, a child absent with no reason provided within 7 days will be 'unjustified'. If you require further information, please do not hesitate to contact the Deputy Principal.

Students home sick, must use correct procedures by going to the teacher, which then teacher refers the student to the front office. The office will then make a phone call to parents/carers. Students are not to use their mobile phone in class contacting parent to come and pick them up.

**Lake Macquarie High School Bell Times: Monday – Friday**

**Roll Call: 8:50am**

**Departure Time: 3:00pm**

**Wendy Heaney**  
**Deputy Principal**



## CURRICULUM NEWS

### CREATIVE AND PERFORMING ARTS - CAPA

#### Art Excursions Term 1

Over the coming weeks all art students will be visiting the exhibition "First Class ' at Lake Macquarie Art Gallery .This popular annual curated exhibition project continues the tradition of showcasing outstanding work produced by Hunter and Central Coast HSC Visual Arts students from the previous year. Students will be attending the exhibition during class time.



INSTAGRAM: artonthelake- Follow the young emerging artists from Lake Macquarie High School. Parents can stay updated on art events – artist of the month, excursions, workshops and visiting artists. Daily posts during the school term.

### MATHEMATICS

Welcome to 2019! I am excited to see all Mathematics classes starting the year working with great diligence!

It is an expectation that all students in all year groups come equipped for class. This means having a book, pens, pencils, ruler and a scientific calculator. Suitable calculators can be purchased from the front office for \$17.50.

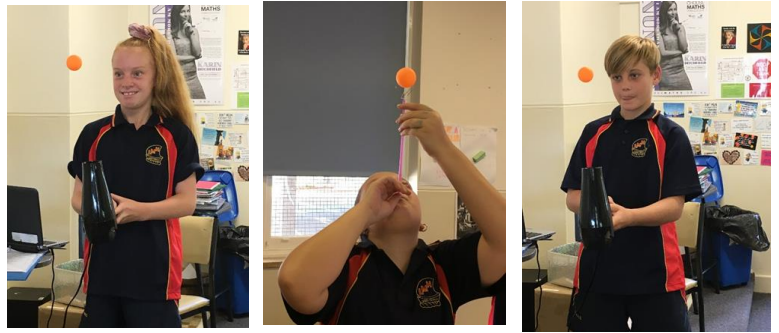
Students in Years 7-10 can expect four assessment tasks throughout the year, one each term. The first and third tasks will generally be assignments, with dedicated class time given to support students in achieving their personal best. The second term task will be a class task, which will be further explained by the classroom teacher. All Year groups will sit a formal examination in the Hall in fourth term. Tasks will be readily available to students and their family through the Parent Portal, and families are encouraged to contact their child's maths teacher for clarification on any aspect of the task.

Students in all year groups can expect regular homework, which is designed to consolidate skills taught. Most classes receive a weekly homework sheet.

Students in all Year 7 classes have been enjoying the "Week of Inspirational Mathematics", which links growth mindset to mathematical achievement. We have been discussing the many different successful ways of looking at and solving mathematical problems. Classes have completed the "Four 4's" activity, looked at persuading people of a mathematical discovery using appropriate proofs, and had a fantastic time with Pascal's triangle. It has been encouraging to see the positive discussions taking place in the classroom. Make sure you ask your children about some of these activities!



STEAM (Science, Technology, Engineering, Arts and Mathematics) is well supported by the Mathematics faculty, and many lessons incorporate STEAM activities. 7B students demonstrated "Bernoulli's principle" by making a ping-pong ball levitate! Some students were outstanding at getting their ping-pong ball to float using only a straw! Others managed with a hair dryer. EVERYONE had fun!



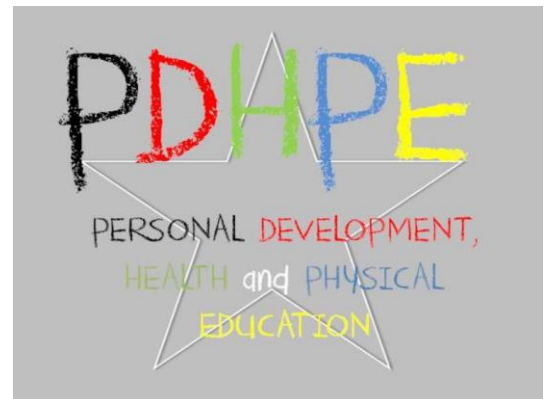
Did you know that the number 2019 is the product of two prime numbers?  $2019 = 3 \times 673$ , both of which are prime numbers!

Have a fantastic few weeks!

#### PD/H/PE

The PDHPE Faculty this year will comprise of Mr Mitchell Calder (Sports Organiser and Year 8 Advisor), Mrs Megan Garland (Life Ready Organiser), Mrs Stacey Cooper (Star Struck Organiser) and Mrs Georgia Elliott (Premier Sport Organiser). The PDHPE Head Teacher is Mrs Sheona Nicoll.

In practical lessons, students will be competing a unit of work on Athletics to prepare themselves for the upcoming carnival (Week 7 Wednesday 13th March at Hunter Sports Centre). Students will also be walking the Cross Country Track during PE periods. Please ensure that students come prepared with hats and water bottles each lesson. If your child is unable to participate in PE practical lessons please provide a signed note stating the reason why.



In theory lessons,

Year 7 are working on a unit based around 'Changes to my World' encompassing the key ideas of school challenges, friends, belonging, communication, cyber safety and coping strategies.

Year 8 are completing a unit on 'Changes and Challenges' with a focus on connectedness, help seeking behaviours and changes through life.

Year 9 will be studying the concepts of 'Eat, Sleep, Play, Repeat' covering nutrition, body image, media messages, nutritional health intervention, healthy eating and health values.

Year 10 will be focusing on a unit of work 'Taking the Challenge' and will be exploring how to support themselves and others, how to strengthen resiliency and how to cope with challenges and opportunities.

If you have, any queries or concerns please feel free to contact the PDHPE staff. Looking forward to working together during 2019.



## LIFE READY CAMP

Last week **ALL** Year 11 students received their permission notes, medical forms, payment plans and equipment checklist for the Life Ready Camp. If your child did not receive the above forms, students can collect these from the front office or Mrs Garland in the PE staffroom.

### Important Dates for your Calendar:

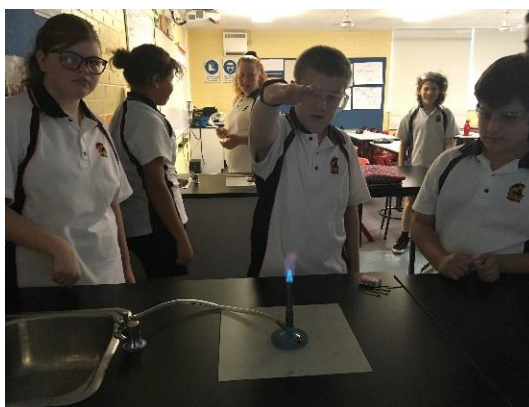
Camp Dates:	Monday 3 <sup>rd</sup> June till Wednesday 5 <sup>th</sup> June 2019		
Total Cost per student	\$ 150 <b>(inc. GST)</b>		
Initial Deposit	\$ 50	Due Date:	14/12/18 (Overdue)
1 <sup>st</sup> instalment	\$ 35	Due Date:	1/3/19 (Week 5, Term 1, 2019)
2 <sup>nd</sup> instalment	\$ 35	Due Date:	5/4/19 (Week 10, Term 1, 2019)
Remaining Payment of	\$ 30	Due Date:	17/5/19 (Week 4. Term 2, 2019)

Please remember that the Life Ready camp is a **Mandatory** program in which **ALL** Year 11 students must attend to be eligible to receive their Higher School Certificate. If you have any queries with regards to payment or camp organisation please direct them to Brendan Maher or Megan Garland.

## SCIENCE

### Year 7

Year 7 have started with the Hydrogen "Pop" Test as part of the first unit "Becoming a Scientist". They are being introduced to the Science laboratories, Science equipment and of course, the rules that go with them. As part of this unit, year 7 will also work towards their Bunsen Burner license. It is great to speak with year 7 students, hear their excitement and listen to them recount their experiments. For some students it is the first time they have lit a match, turned on gas and worked with high temperatures. Watch out parents and carers, year 7 may want to light the Barbeque now!



### Year 8

Year 8 are devouring the Waterworld topic and the practical activities including solvents and solutes and separating salt, sand and iron filings. This is the first time I have taught this year group and I am very impressed.



## Year 9

Year 9 has started with Blackout, which involves a variety of elements including light, waves, electricity, protons, neutrons, electrons and the brain and nervous system.

## Year 10

Year 10 has started on Inside Story, which involves looking inside the miniature world of the atom and inside the vast panorama of the universe. The focus will be on the atomic level as interactions between atoms are investigated to discover the combination of chemicals. Students will also start working on the skills need for their Independent Research Project, which is will be started in class but will need to be finished in the student's own time.

### What is Investigating Science?

Investigating Science (IS) is a new subject developed by NESA (NSW Education Standards Authority) in 2018. IS is centred on scientific skills and is being run at Lake Macquarie High School for the first time in 2019. The first module is Observations and covers all areas of Science with special mention of scientists Archimedes, Fleming and Galileo. There is a great cross section of students in this class who bring different areas of scientific strength; it is shaping up to be an engaging year.

### How can you assist in your students learning?

I would like to take this opportunity to urge parents and carers to engage in their student's learning, ask questions about what they are learning and doing in class.

Explaining assists students in cementing their knowledge and may generate questions for students to bring back to class, if they do not fully understand a concept. It is also a great way to hear how education has changed since you were at school.



Physics calculating the speed of light with marshmallows and a microwave



Investigating Science hard at work

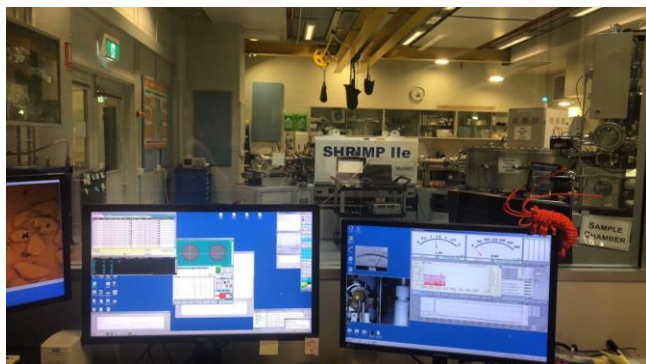


Mrs Lalor is a new teacher in the Science faculty at Lake Macquarie High School, she was born in Ireland and has recently lived and taught in Abu Dhabi for many years. She brings a breadth of knowledge and experience. The Science faculty wishes to extend a warm welcome to Mrs Lalor.





The National Youth Science Forum (NYSF) is a 12-day residential program, which gave me a broader understanding of the diverse study and career options available in STEM. NYSF was an incredible experience, which exposed me to first-hand knowledge of university life, lectures, lab visits, and I met and worked with a group of like-minded students with a passion and drive for a career in science.



This program gave me the opportunity to speak to PhD students, use Australia's largest super computer, see a particle accelerator in action and meet the Chief Scientist of Australia, Dr Alan Finkel. Some of the highlights were video conferencing with theoretical physicists at CERN in Switzerland and exploring the universe at Australia's deep space observatory.

friendships with a number of amazing like-minded future scientists like me. The National Youth Science Forum was a life changing experience that I urge all Year 11 students in the following years to apply.

**Millie Sarginson**  
**Year 12**



More information: <https://www.nysf.edu.au/> applications for 2020 Program open 1<sup>st</sup> March 2019.



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Issue 13<sup>th</sup> February 2019

## TECHNOLOGY AND APPLIED STUDIES

Welcome back to the new school year! It has started with great enthusiasm from all stakeholders. Year 12 are now working on their major projects. I would just like to remind Year 12 students that assessment tasks need to be completed with the time frame provided to avoid penalisation.

We would like to welcome Miss Casey Wrightson to the TAS Faculty. Casey comes with both Home Economics and Woodwork experience.

We have purchased new aprons for all classes, now every student is expected to wear an apron whilst completing practical activities.

A summary of what classes will be up to first term include:

Year 7 Technology Mandatory units of work have been developed through the holidays to cater for a new NESA Syllabus, which was implemented this year. Topics include Design Production, Agriculture and Food Technologies, Digital Technologies, Engineered Systems and Materials Technologies.

Year 8 still have the same Technology Mandatory classes but will also do timetables STEM Lessons. In these lessons, other subjects such as Maths and Science will be incorporated. Topics will include Apollo 50, Monster in the Lake and Digital Technologies. All these areas of study will have their own components of work.

Year 9 are learning to use sewing machines in Textiles whilst in Wood/Metal work I have started to construct a stepladder. The IST class are learning how a computer works and experimenting with file types.

Year 10 textiles have started their Quilt project with an accompanying progress folio. In woodwork, Mr Roach has started construction of their Coffee Tables. Year 10 IST are tinkering with code in different applications to perform functions.

We have introduced a new subject this year in Year 11. Software Design & Development. Students have begun this course with great enthusiasm.

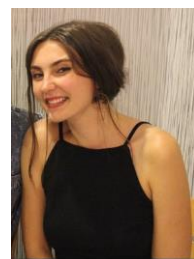
The TAS Faculty is heavily relying on purchasing of materials constantly to enhance the learning outcomes of every student. These resources come at a cost to the school. We would appreciate it if school fees are paid within good time so no subjects have to sacrifice projects because of insufficient fund to purchase materials and consumables.

## SCHOOL CHAPLAIN

Hi staff and students, new and old! I am Miss Mellows, and I am a Chaplain/ Wellbeing Officer here at Lake Macquarie High.

What do I do: I am here to support and assist young people in this school to build resilience and wellbeing.

Where I am now: I HAVE RELOCATED to the office located on the bottom floor of B block, to the left of the main entryway, opposite the stairs.



When can you see me: I am still here on the same day! From 8/8:30- 1:30/2pm every THURSDAY

If you would like to visit me please let your classroom teacher or head teachers know. You can either come find me in my office or I will come and collect you.

If I am out of my office when you come to see me, I should not be too far away! So just leave me a note with your name, year, or staff contact and I will make sure I follow you up.

## CAREERS

On Tuesday 26th February 2019 (term 1, week 4), Year 11 students will participate in the Creating Futures Program. Students will be required to present a Portfolio, which highlights their Career and Transition preparation.

They are to present for their interview 10 minutes prior to their allocated time. Appropriate attire suitable for a workplace interview is required. A Panel will interview students for 10 minutes, with a further 5 minutes for evaluation and 5 minutes for reflection.

This event is a part of their Career Development Program where in Year 11 they move towards taking action on their career decisions. It is an opportunity for them to plan and consider future career possibilities.

If you have, any further queries please contact the organiser, Mrs Karen Spurr on 49581544.

## ABORIGINAL EDUCATION OFFICER

It was great to see our entire School Cultural group come together again after the holidays. Kyesha Williams gave a great Acknowledgement and introduction to all new staff and students, letting them know all about our Cultural group and what we do. I was very pleased with the turnout of our new students wanting to participate in the group.



## COMMUNITY ACTIVITIES






LAKE MACQUARIE  
DOCKERS

TIM MOTT 0429000422  
[tim@pdabuilding.com.au](mailto:tim@pdabuilding.com.au)  
Open for boys & girls 5-17yo




LAKE MACQUARIE DOCKERS AFC






**BOAT  
Bits  
Bonanza**



**Sun Feb 24th  
10am to 3pm  
Rathmines Park**



**lakesidemarketing.com.au/boat-bits-bonanza-lakefest**

**Sell your unneeded  
marine themed items  
- Car Boot style \$10  
donation at the gate.**

**Marine & summer  
themed stalls**

**Amusements for the kids  
- jumping castle, sand  
painting etc**

**Food vendors**

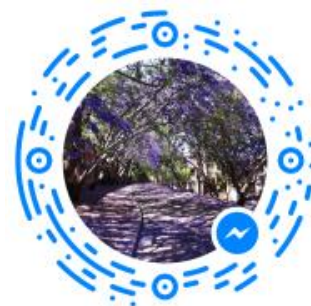
**· sausage sizzle, hot &  
cold food, coffee,  
slushies & ice cream**

**For info 49504799 or**

## SCHOOL COMMUNICATION



For all parents, care givers, grandparents, aunts, uncles and students, please make sure you follow LMHS on Facebook and through our School App (available in iTunes and PlayStore at no cost).



We use these mediums to update the community on the many things going on at school and recognise our students for their achievements.

For easy access to Facebook Messenger, you can scan the image on the right, which will take you straight to our messenger facility.

**Shoreline** is the new Lake Macquarie High School fortnightly newsletter that will highlight the many great programs and student achievements across our school. If you would like to receive **Shoreline** as an email please contact the Front Office on 49581544 or by email [lakemacqua-h.school@det.nsw.edu.au](mailto:lakemacqua-h.school@det.nsw.edu.au)

Don't forget our school's Facebook page at "Lake Macquarie High School – Official"



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