The term has started rapidly as has the heat. Whilst still in the spring season we are already having conversations with students about consuming water, hats, shade, sunscreen lotion, sun glasses and appropriate clothing. The other important factor is that we look out for each other for signs of heat stress and assist if needed.

St Patrick’s Primary School is the final location for the completion of the HSC examinations. By all accounts the examinations are progressing well. Students seem in good health, with some having finished and others on long waits till their final exam. By the end of week five the exams are over and Year 12 have signed out of Singleton High School. At that stage we are eagerly awaiting HSC results.

In the last two weeks the current Year 11 were inducted into the final year and given the senior badge. Also, the SRC for 2014/15 were inducted at another assembly. I spoke at both of these assemblies about responsibility, leadership, respect and community. We, as a school community, are looking to see each person grow in these areas over the next 12 months.

Our Strategic Planning Team is moving steadily with the 2015-17 Strategic Management Plan. We are well in advance of the time frame and are excited to be projecting well into the future of this great school. Please note the article by Mr Hookway in this Parent News edition.

As we have several fast food outlets nearby, we ask that students who frequent these before and after school, do so with politeness and respect. Unfortunately, some students have crossed the boundary of acceptable behaviour and have let themselves and the image of the school down. Parents please remind your children to use common courtesy and respect at all times.

A note to this also is the rubbish deposited at the Edinburgh Ave entrance which is causing local residents great angst. I have closed that gate in the mornings and it is re-opened at 3:15pm.

An article by Ms Cowmeadow on self harm is a stark reminder to be ever vigilant, engage in good relationships, open and frank communication about many things. I commend the article to you and ask that contact be made with the school should you have concerns or have become aware of the occurrence of self harming. We have teams here that can work with you to assist our young people.

The ‘Little Shop of Horrors’ is our musical for this year. I wish to congratulate all concerned with the production and performance. An enormous amount of effort has been put in to bring this to fruition. Our students shine once more.

Ian Skilton, Principal (Rel)
### Welfare News

#### World Mental Health Day 2014

10 October 2014 was World Mental Health Day. This promoted social and emotional wellbeing by encouraging people to maximise their health potential. Our school community would like to continue in encouraging mental health awareness and also enhance the coping capacity of our community – our school families, by supporting you with information regarding mental health awareness. A topic that you may have noticed a lot lately in the media is self harm.

**What is self-harm?**
Self-harm comes in many forms and can be really damaging to a person’s physical and mental health. There are many reasons people engage in self-harm, but it is most often used as a way of coping with difficult emotions.

**Why do people self-harm?**
Self-harm is mainly used as a way of trying to cope with strong feelings and emotions. The reasons people self-harm can really vary, however, many people engaging in self-harm have gone through tough experiences or damaging relationships which they are trying to cope with. Self-harm is not just “attention seeking”, although people do use it as a way of letting others know they aren’t coping.

### Self-harm support services:
- Your local GP/Doctor
- Headspace

Headspace is Australia’s National Youth Mental Health Foundation; helping young people aged 12 to 25.

**www.headspace.org.au**
Maitland Headspace 73 Elgin St, Maitland NSW 2320 PH: (02) 4931 1000

- SANE Australia

SANE Australia is a national organisation which provides information, resources and advice for people affected by mental illness

**www.sane.org**

- Youth Beyond Blue

Youth Beyond Blue is a service run by beyond blue, a national organisation working to address issues associated with depression, anxiety and related disorders in Australia.

**www.youthbeyondblue.com**

#### DOs and DON’Ts of Self Harm

- **Self harm is a way of coping with emotions.** While most people might cry and scream and rant and rage, self-harmers generally don’t express those sorts of emotions openly and bottle them inside. The only way they know that works of releasing them is by inflicting pain on themselves.

- **Don’t ask them why.** If they want you to know why, they will tell you. Most of the time they don’t even know why.

- **Don’t ask them to stop injuring themselves for you.** They need time to learn how to move away from self injury. They must develop their own desire to stop injuring. They will stop when they are ready.

- **Don’t try and understand why they do it.**

- **Let them know that you have noticed their injuries.** Don’t express a strong negative reaction to the self injury, but discuss it calmly with them.

- **Understand that self injury is a coping mechanism, and therefore, ‘stopping self injury’ should not be the focus of the conversation.** Instead look at alternate ways to relieve the distress

- **Do not punish the person**

If you don’t know what to do, just ask them “Are you ok? Do you need to talk about it?” Asking shows concern.
In all the years we have been coming to Singleton High School that Year 8 have been the best audience we have ever had.

Congratulations and well done Year 8. Enjoy the term year 8. Keep up the great effort.

Miss Radcliffe & Mr Jones, Year Advisors

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Year Advisor News

**Year 8**

Week 4 already, this term is really flying by!

It is pleasing to see that everyone has settled back in nicely for the last term. This week has brought much hot weather as I am sure you have all noticed. It is timely to remind all of our students that we should be drinking lots of water to keep hydrated, also wearing sunscreen and a hat particularly when participating in outdoor activities.

**Exams**

Recently students will have received their yearly examination timetable. These exams are scheduled for 4 and 6 November and the 11 and 13 November. If any student didn’t receive a timetable please see either Mrs Dooley (HT Admin) or Miss Radcliffe (CAPA Staffroom) or Mr Jones (Science Staffroom). It is a good time to start revising the work you have done throughout the year now to best prepare for your exams. Good luck Year 8.

**Cybershorts**

Year 8 were recently given the opportunity to see a very valuable program ‘Cybershorts’ which is specifically targeted at teenagers and focuses on the safe and sensible use of electronic devices when on the internet. Approximately 100 Year 8 students took up this most beneficial opportunity. I am very pleased to announce that the feedback from the organisers of the show have said that:

©Youth Mental Health First Aid, http://www.adolescentselfinjuryfoundation.com/

Dayna Cowmeadow, HT Welfare (rel)
Singleton High School strategic directions 2015 and beyond.

The school executive and the strategic development committee have been working hard since the beginning of Semester 2 in developing the 2015 Strategic Plan.

Analysis of school historical data on attendance, retention, suspension, student recognition, N Award warnings, HSC results, and NAPLAN results formed a platform to critically respond to a targeted survey on future school strategic direction. Key documents such as Local Schools Local Decisions, Great Teaching Inspired Learning, and The Melbourne Declaration on Educational Goals informed and guided our decision-making. Student leaders and representatives were led in guided discussions and workshops on improving student connection and learning at Singleton High School. Critical feedback for school planning was gathered and compiled in these workshops.

Parents and community members and around 20 local businesses contributed by completing a survey that assisted in creating a clear vision whilst simultaneously improving school and community connections. The planning process has sought direction and guidance from the Aboriginal Education Consultative Group and has structured workshops to ensure that Aboriginal leaders have a clear and strong voice in the formation of school priorities.

Three strategic directions have been formed:

1. **Raise the expectations of students in a 21st Century Learning Environment**
   Our core school values of Respect, Responsibility, Pride and Excellence in Learning are the framework for all that we do. We expect outstanding student behaviours and outcomes in all settings. Singleton High School students are challenged in a learning environment that prepares them for life and employment in a changing environment. Equity is valued above equality in relation to educational outcomes.

2. **Staff that provide personalised quality teaching**
   Teachers are the single biggest influence on student achievement. Supporting the professional development of staff enhances their capability to tailor learning to individuals and maximise student growth. Staff are recognised for their expertise and utilised effectively.

3. **Facilitate new and better ways of doing business**
   Policy informs best practice within schools and communicates expectations on conduct. Policies also contribute to the overall culture of the workplace, because they instil norms and values. Continuous school improvement recognises the need for systematic evaluation of policy. Singleton High School is an integral component of the community and the community is an integral part of Singleton High School.


Regards Shane Hookway

**SRC News**

This has been a busy commencement to the term for the new student council. Another highly successful workshop at Glenrock Lagoon was followed by the induction ceremony on the day of their return to school. Newly elected committee members include J Ruigrok, President, G Foster, Vice President, B Dann, Secretary and C Dagg, Treasurer

**Bob Collins, SRC**
Child Studies

Year 9 Child Studies students continue to gain praise from the staff at The Singleton Family Support Playgroup. Throughout the year, students have volunteered as helpers. Feedback has been very positive and I would like to congratulate the students on a job well done. Students have also been running their own playgroup throughout the year. Due to other school commitments, we can only run one more in-school playgroup this term. All are welcome to attend.

I would also like the opportunity to thank students at Singleton High School for their generosity. Students in Child Studies classes continue to sponsor Laxmi and Shankar from Nepal. This has been an ongoing project and we are now into our 5th year of sponsorship. We will continue to sponsor the two until they have completed their schooling.

Sue Hartnett, Child Studies

Fire Cadets 2014

Singleton Show Displays

During the final week of the school holidays, at the Singleton Show, students from the Fire Cadet program at Singleton High School were involved in demonstrations of the skills they had developed during the school year.

There were two demonstrations and students also assisted the show organisers with traffic and crowd control during the course of the afternoon.

Graduation Ceremony

Those students who took part in the Fire Cadet program in 2014, graduated at a ceremony in the Singleton High School Multi Purpose Centre on October 14. Keith Lobb, Chief Mitigation Officer for the Rural Fire Department in Singleton, presented student with their accreditation awards for graduation at a highly successful assembly where all Year 8 and Year 9 students were in attendance.

Bob Collins, Fire Cadets
Horse Sports

Our equestrian team was on the road again on 13 October when they travelled to Quirindi to attend their interschool competition. Although the team was small, all students did extremely well.

S Giggins—7 1st placings and 1 2nd as well as champion 14 years girl high point score.
C Gardiner—6 2nd placings and 2 3rd places as well as reserve champion 14 years high point score.
T Giggins—3 1st places, 2 2nd places, 1 3rd place and 1 4th place as well as champion 15 years girl high point score.
J Brown—2 1st places, 2 2nd places, 4 5th places.
Well done to all the team.

Hannah Cl.

During the school holidays Hannah travelled south to compete in the National Interschool Championship held at Weebee VIC. Having to compete in dressage, cross country and show jumping she finished 7th overall and had a fantastic time. This has been a great achievement by Hannah, well done.

Bruce Withers, Manager

Rugby League

On 20 August a 7 A Side round robin Oz Tag morning was held at Singleton High School for students who are involved in a personal development program run by the PCYC. Players from the under 20’s NRL Newcastle Knights and selected students from the Year 9 and 10 PASS classes, also participated.

The students from Year 9 won the day with the team from the PCYC coming second. Following the Oz Tag the students from the PCYC program were invited to participate in a healthy eating and cooking workshops, where they looked at nutrition and lifestyle choices and listened to motivational talks from the Newcastle Knights players.

This event would not have been possible without the help and sponsorship from Singleton High School Aboriginal Education/ Ka-wul Center, the PCYC and the NRL Newcastle Knights.

Coaches Daniel Higgins and Daniel Mead
# Year 7 Semester 2 Examination Timetable 2014

<table>
<thead>
<tr>
<th>Date</th>
<th>Period</th>
<th>Length</th>
<th>Subject</th>
<th>Venue</th>
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<tbody>
<tr>
<td>Monday 3 November</td>
<td>3 and 4</td>
<td>1 hour 30 minutes</td>
<td>Maths</td>
<td>MPC</td>
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<tr>
<td>Wednesday 5 November</td>
<td>3 and 4</td>
<td>1 hour</td>
<td>History/Geography</td>
<td>MPC</td>
</tr>
<tr>
<td>Friday 7 November</td>
<td>3 and 4</td>
<td>1 hour</td>
<td>English</td>
<td>MPC</td>
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<tr>
<td>Tuesday 11 November</td>
<td>3 and 4</td>
<td>1 hour</td>
<td>Science</td>
<td>MPC</td>
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# Year 8 Semester 2 Examination Timetable 2014

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<tr>
<td>Tuesday 4 November</td>
<td>3 and 4</td>
<td>1 hour 30 minutes</td>
<td>Science</td>
<td>MPC</td>
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<tr>
<td>Thursday 6 November</td>
<td>1 and Assembly</td>
<td>1 hour</td>
<td>History/Geography</td>
<td>MPC</td>
</tr>
<tr>
<td>Tuesday 11 November</td>
<td>1 and 2</td>
<td>1 hour 40 minutes</td>
<td>Maths</td>
<td>MPC</td>
</tr>
<tr>
<td>Thursday 13 November</td>
<td>2 and 3</td>
<td>1 hour 30 minutes</td>
<td>English</td>
<td>MPC</td>
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# Year 9 Semester 2 Examination Timetable 2014

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<td>Science</td>
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<tr>
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<td>1 and 2</td>
<td>1 hour 30 minutes</td>
<td>History</td>
<td>MPC</td>
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<tr>
<td>Wednesday 12 November</td>
<td>3 and 4</td>
<td>1 hour 30 minutes</td>
<td>English</td>
<td>MPC</td>
</tr>
<tr>
<td>Thursday 13 November</td>
<td>1 and Assembly</td>
<td>1 hour 30 minutes</td>
<td>Geography</td>
<td>MPC</td>
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Singleton High School

Year 10 Semester 2 Examination Timetable 2014

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<td>1 hour 30 minutes</td>
<td>History</td>
<td>MPC</td>
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General Guidelines

1. Please read your timetable carefully. Misreading the timetable is not an acceptable basis for a misadventure application.
2. Please be at the examination venue 10 minutes prior to the start of your examination.
3. No-one is allowed to leave the exam room before the end of their respective exam time period.
4. Full school uniform is to be worn during the exams. Hats/Caps are not to be worn in the room.
5. Food/Water – No food is allowed into the room unless specified in disability provisions. Water in a CLEAR PLASTIC BOTTLE may be brought into the room.
6. Mobile Phones – Under NO circumstances are to be taken into the exam room even if turned off and left in a bag at the back of the room. Teachers’ will not accept responsibility for students’ phones. Having a mobile phone in the examination room constitutes a breach of rules and will be handled accordingly. This also applies to any other electronic communication devices.
7. Watches – may be taken into the examination room but must be removed and placed on the desk in clear view. Watches with alarms, chimes, chirps or electronic beeps are forbidden in exams.
8. Equipment – Students may only take into examination equipment which has been listed for that examination. NO correction fluid is allowed.
9. Writing Paper – All paper will be supplied. No paper, books or notes are to be brought into the exam room.
10. Calculators – Many examinations permit a Board Approved Calculator. It is your responsibility to know when you may take one and the types permitted.
11. Illness/misadventure – If illness or misadventure prevented you from attending an examination, or affected your performance, you should lodge an illness / misadventure appeal.
12. Special provision exams will be conducted on the mezzanine level of the MPC
Student Assessment Tasks available for Download via Millennium Parent Portal

All assessment task files including relevant information necessary to complete the assessment task will be stored as attachments to the associated activity in your Millennium Parent Portal.

Assessments will appear in your Activities tab two weeks before the due date. The following components will be available for download immediately:
1. Assessment task critical student information
2. Assessment task notification
3. The Assessment task (Research / Practical tasks that do not require examination style conditions)
4. Assessment task marking criteria / guidelines

The following components will be available two weeks after the due date for completion of the assessment task.
1. The Assessment task (Examination tasks that require supervised conditions. Security periods on some exams will mean that the task cannot be uploaded until the security period has passed.)

To access Assessment Task files. Select the Markbook tab in your child’s Millennium Portal.

The paper clip denotes attached files. Click on the task name to access the file folder.

An example of Assessment files available for download on the Millennium Parent Portal.

- Assessment Task Critical Student Information (1).docx (347.5kb)
- Assessment Task Verification Safe Celebrations.pdf (1257.9kb)
- Safe Celebrations Assessment Task 2014.pdf (1236.5kb)
- Safe Celebrations Marking Criteria and Guidelines.docx (17.7kb)
- Safe Celebrations Task ANSWER SHEET.docx (17.3kb)
SINGLETON HIGH SCHOOL

PLAYGROUP DATES:

- 10/12/2014 Wednesday 10.00-11.20am Santa’s Workshop

We hope our regulars can join us this term. Newcomers are welcome. A big thankyou to all our guests for providing our students with a range of learning opportunities.

Parents and caregivers.............bring your children along, have a well earned break and enjoy a coffee & a chat while the students take charge of the playgroup!

Snacks will be provided for the children, please feel free to bring along a lunch box for your child.

Please phone 6571 1199 for registration.
Any queries ring Sue Hartnett.
Gold coin donation very welcome.
Singleton High School Presents

Tonight
Friday 31 October
7pm

Tickets: Adults $15, Students and Concession $10
Tickets available at the door
Do you have a spare bed?
Can you welcome an exchange student into your home as a volunteer host family with AFS?

Can you host Airl from Japan?
Age: 16
English: Fair
Interests: Tennis, Playing the piano, skiing and playing the flute.

“I decided to study abroad in Australia because living in different cultures makes me broaden my horizon. I will be able to solve a lot of problems from various perspectives by myself.”

Can you host Rafael from Brazil?
Age: 15
English: Good
Interests: Traveling, photography, trekking, swimming, waking

“I’m very curious, I enjoy making new friends and learning about different cultures. I really admire the potential and the life quality of the developed countries, and want to be a part of it.”

Can you host Hanna from Germany?
Age: 17
English: Good
Interests: Music, dragon boating, swimming, Zumba and cooking

“I applied because I want to learn about different cultures, meet people from all around the world, make experiences that will stay with me forever, and of course get much better with my English.”

Somewhere in another country a young person has the opportunity of a lifetime to come to Australia. Imagine that student becoming part of your family.

Each year hundreds of Australian families volunteer to open their home and hearts to an AFS participant. They are rewarded with precious long-lasting friendships.

On February 6 2015 AFS will be welcoming over 70 students and volunteers from across the globe to experience the Australian way of life and either attend a local high school or volunteer at a local community organisation.

Can your family host one of the above students? If so, we’d love to hear from you!

For more information on how you can become an AFS Volunteer Host Family please contact the AFS Hosting Team:
Phone: 1800 023 982  Email: aus.hosting@afs.org
Website: www.afs.org.au/host
<table>
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<td>4/11/14</td>
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<td>Wednesday</td>
<td>5/11/14</td>
<td>HELP HELP</td>
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<td>Thursday</td>
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<td>14/11/14</td>
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**PRICE LIST 2014**

**Normal Opening Hours:**
Monday – 8.30am to 10.00am and 4.00pm to 5.00pm

**Girls’ Items:**
- Skirt – Checked grey 8 - 20 $46.00
- Skirt – Checked grey 22 - 26 $52.00
- Blouse – Blue or White $23.00
- Polo shirt – Blue or White $27.00
- Pants – Navy Hipster $40.00
- Pants - 3/4 $38.00

**Boys’ Items:**
- Polo Shirt – Blue or White $27.00
- Shorts – Grey Longer length $35.00
- Shorts – Grey Longer leg (old style) $25.00
- Shorts – Grey Short leg (elastic waist) $27.00

**PE/Sport:**
- Polo Shirt $27.00
- Shorts – Navy $22.00

**Jumpers – Girls’ and Boys’:**
- Polar Fleece jumper $37.00
- Woollen Jumper 12 - 14 $63.00
- Woollen Jumper 16 - 22 $70.00
- Woollen Jumper 24 – 28 $76.00
- Track suit jacket $50.00
- Track suit pants $30.00

**Other items Girls’ and Boys’:**
- Aprons white or navy $ 8.00
- School Tie $20.00
- Safety Glasses $ 5.00
- Socks (football) $ 8.00

**Second Hand Clothing Available**

**Location:** On the eastern side of the school between MPC and staff common room.

**Parking:** Outside the school grounds and enter through main office gates and sign the visitors’ book at office.

**Payment:** Cash or cheque, EFTPOS and credit card facilities.

The uniform shop would like to thank everyone who has donated second hand clothes. All second hand clothing money raised is donated to the school.