Term 4 . Week 6

FIRE CADETS GRADUATE • YEAR 12 FORMAL • ROADWHYZ • WE REMEMBER
Events

16 NOVEMBER
P & C MEETING

19 NOVEMBER
EES EXCURSION

20 NOVEMBER
SRC LUNA PARK EXCURSION

23-24 NOVEMBER
YR 11 ROADWISE

24-26
UPPER ALLYN EXCURSION

25-27 NOVEMBER
SURF CAMP

27 NOVEMBER
YR 8 AND 9 OZ TAG
YEAR 9 END OF YEAR EXCURSION
WALK A MILE IN MY SHOES KOORI STYLE

School Information

Jo Gray
Principal

Ian Skilton
Deputy Principal Yr 7, 11

Rochelle Dooley
Deputy Principal Yr 8, 12 (rel)

Tracey Holloway
Deputy Principal Yr 9, 10 (rel)

Kathleen Ballard
Wellbeing HT

Nicole French
Assistant Wellbeing Advisor

Dayna Cowmeadow
HT Staff Administration (rel)

Tim Merrick
Administration HT (rel)

Margaret Richardson
Administration Manager

David Welsh
HT English

Leanne Mullen
HT Science

Kathleen Prudence
HT Maths

Toby Karakasch
HT Home Economics (rel)

Tracey Holloway
HT Languages
HT Aboriginal Education

Jason Kolatchew
HT Industrial Arts

Cлемма Mansfield
HT PDHPE

Kirsten Strachan
HT Special Ed

Beau Berman
HT HSIE

Annie Phillips
HT VET

Martin Gray
Librarian

Jane Johns
HT CAPA

Linda Wilkes
HT Teaching and Learning

Year Advisors 2015

Cindy Koletsis-Tatt & Tristan Chapman
Year 7
Margaret Bagnall & Rowen Lewis
Year 8
Nathan Jones & Jaye Sunerton
Year 9
Andrew Somerville & Daniel Mead
Year 10
Daniel Higgins & Megan Smith
Year 11
Bob Collins & Maddie Valentine
Year 12

P&C Association meets the 3rd
Monday of the month
Next meeting 16 November
President, Mrs Salli Avard
Secretary, Mrs Cynthia Mulholland
Treasurer, Mr Simon Rock
Canteen Coordinator, Tracy Johnson
Canteen Phone 02 6572 2373

School Office Hours
8.30am - 4.00pm

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UNIFORM SHOP IS NOW OPEN
ON MONDAYS
8.30am to 10.00am
and
3.30pm to 5.00pm
Alternatively place and pay
for uniform orders on line and
collect from the school office
any time within office hours
New Bell & Period Times for 2016 will remedy teaching and learning time deficit

In 2016, Singleton High School will alter its bell times and period lengths. These changes are one part of our commitment to school improvement and are imperative so that our school will more than meet the necessary teaching and learning time indicated by the Board of Studies.

The existing arrangements were not adequately meeting recommended times and the necessary changes for 2016 were designed in consultation with the staff and P&C.

The new arrangements are just one part of our plan to improve the academic success of students. The changes are summarised below:

- Increase the period length from 55 minutes to 63 minutes.
- Alter the start time of period 1 from 9.45am to 9.05am. School finish time will remain the same, except for Monday of week B, when school will finish at 2.17pm. Students waiting for buses will be supervised during this time.
- The 20 minute roll call/DEAR will be abandoned in favour of greater face-to-face teaching time. The morning roll mark will occur at 9:00 am and be preceded by a 5 minute warning bell.

These changes are necessary to bring Singleton High teaching time into line with best practice in comparable schools and to more than exceed the Board of Studies indicative hours for senior courses. The additional teaching time will allow teachers and students to more effectively cover course content in preparation for the Yr 11 preliminary course and HSC.

Academic success in senior years is built on establishing good work habits, having high expectations and adequate teaching and learning time in the junior school. Changing the school bell/timetable/period structure is just one part of our improvement planning. Invigorating student learning and teacher professional development that has already begun will be continued next year and thereafter. The 2.17pm finish every second week allows for regular staff professional development.

The table sets out the new arrangements.

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**ATAR Discussion**

Any parents interested in attending an information session on ATAR calculations are welcome to join us in the school library on November 24 at 5.30pm.

Looking forward to an exciting 2016!

Jo Gray, Principal
This term we have begun the powerful and proactive Year 9 girls’ program entitled ‘Beautiful?’ Many young women are facing extraordinary pressures. Powerful media driven messages about body image, relationships, intimacy and sexual decision-making; this is leaving many girls confused, isolated and at risk.

The Beautiful program will instil in girls self awareness and critical literacy skills to combat the role of media and advertising are having in their lives. The program will expose the effects that a highly sexualised media culture that fragments the truth and richness of human personhood into the objective commodification of body parts. It will help the girls examine ways to help navigate the turbulent years of adolescence and to evaluate the messages that seek to undermine their sense of self and capacity for healthy relationships in the future.

In conjunction with the Year 9 Girls’ Program we are also running ‘The Men We Need’ program for the boys. This is a four day program that gives schools a comprehensive resource for positive change in the lives of young men. Some issues that are now being faced by our young men include:

- Classroom disengagement.
- Violent or aggressive behaviours
- Increasing rates of depression and anxiety.
- Sexting.
- Internet addiction causing problems such as fatigue and reduced attention spans.
- Healthy and respectful relationships.

This program aims to create a new culture of manhood where young men are given the information, encouragement and opportunity to address the issues above and become all they were made to be.

End of Year Activities
A reminder that as we move towards the end of the Term 4 year advisors will be coordinating fun, engaging and team building activities for their year groups. We always hope to see as many students as possible participate in these events as they are a great way for the year to build stronger relationships whilst having fun, however, some may not be able to attend due to outstanding fees etc. Please be aware that the school does have a student assistance program and payment plan system for all who need assistance in these areas. Contact the Head Teacher Wellbeing for further information.

Wellbeing Friday
Wellbeing Friday for week six focused on SMART goal setting. Developing sound goals is critical to managing your own performance. A S.M.A.R.T. goal is defined as one that is specific, measurable, achievable, results-focused, and timebound.

Kathleen Ballard, H/T Wellbeing
Chickenpox and Shingles

What is chickenpox?
- Chickenpox is a viral illness caused by the herpes zoster virus (also known as the Varicella-Zoster virus).
- In children it usually causes a relatively mild illness.
- Chickenpox in adults and immunosuppressed people can be severe.
- Infection in pregnancy can cause foetal malformations, skin scarring, and other problems in the baby.
- Before routine vaccination began in November 2005, chickenpox was a very common illness. The incidence of chickenpox appears to have decreased as more people receive the vaccine.

What are the symptoms?
- Chickenpox (varicella) begins with a sudden onset of slight fever, runny nose, feeling generally unwell and a skin rash.
- The rash usually begins as small lumps that turn into blisters and then scabs.
- The rash appears over three to four days. At any one time, the lesions of the rash vary in stages of development.
- Symptoms usually occur two weeks after exposure to the virus.
- Most people recover without complications, but sometimes the infection can lead to serious complications, such as pneumonia and inflammation of the brain. Rarely, the infection can be fatal.
- Persons who are previously vaccinated can still get chickenpox. If chickenpox occurs in a vaccinated person it is usually mild and less contagious than in an unvaccinated person.

How is it spread?
- People are infectious from one or two days before the rash appears (that is, during the runny nose phase) and up to five days after (when the blisters have formed crusts or scabs).
- People with chickenpox should cover the nose and mouth when coughing or sneezing, dispose of soiled tissues, wash their hands well and not share eating utensils, food or drinking cups.
- Pregnant women should avoid anyone with chickenpox or shingles and should see their doctor if they have been around someone with these illnesses.
- Children with an immune deficiency (for example, leukaemia) or who are receiving chemotherapy should avoid anyone with chickenpox or shingles as the infection can be especially severe.

Who is at risk?
- Anyone who has not had chickenpox or been vaccinated in the past can get chickenpox.

How is it diagnosed?
Most cases can be diagnosed based on the symptoms and by appearance of the rash. Sometimes the diagnosis is confirmed by testing samples taken from the rash or from blood.

What is Shingles?
- Shingles is caused by the reactivation of the virus that causes chickenpox, usually in adulthood and many years after the initial chickenpox illness.
- The illness is characterised by a painful chickenpox-like rash on a small area of skin, usually on one side of the body.
- Pain and tingling associated with the rash may persist for weeks or months after the rash has cleared. This is called post-herpetic neuralgia.
- The virus can be spread by direct contact with the skin rash of infected people. This causes chickenpox in people who are not immune.
- Shingles develops more commonly in people who are immunosuppressed.

How are shingles and chickenpox treated?
Shingles can be treated with special antiviral drugs such as acyclovir. Your general practitioner can advise on ways to minimise the discomfort associated with the symptoms of infection.

Chickenpox infection usually resolves without treatment.

What is the public health response?
Chickenpox is not currently notifiable in NSW but the incidence is monitored through the number of patients attending emergency departments and the number of patients who are hospitalised with chickenpox or shingles.
- Varicella vaccine protects against chickenpox, even if given up to five days after exposure.
- Short-term immunisation with varicella-zoster immunoglobulin (VZIG) - which is made from antibodies in donated blood - can prevent illness in people at high risk of complications. This needs to be given within 96 hours of exposure to the virus to be effective. People at high risk of complications following exposure include pregnant women who have not had chickenpox and who have not been immunised, newborn babies, and some immunosuppressed patients.

For further information please call your local Public Health Unit on 1300 066 055 or visit the New South Wales Health website [www.health.nsw.gov.au](http://www.health.nsw.gov.au).
The School Opal card will officially launch its new online application for relevant parents and students travelling in the Opal public transport region on Monday 2 November.

The application can be found at transportnsw.info/school-students

Just like current paper travel passes, the School Opal card gives eligible students free travel to and from school on school days. However, the School Opal card makes travel simpler, because now students don’t need multiple application forms and passes if they use different transport operators within the Opal network.

Students with school travel passes this year will not need to apply for a School Opal card unless they are changing schools, campus, their home address or moving from year 2 to 3 or year 6 to 7.

Those students who do not need to apply will have a School Opal card sent to your school for the beginning of the first term in 2016.
Are you being heard?

Why is communication with your child important?

In an age where the majority of a teenager’s interaction is consumed by electronic devices with text speak and emoticons the meaning of messages are often lost and misinterpreted.

As parents taking the opportunity to speak to your teenager is an integral part of their development. What some parents may not be aware of is that the brain of a teenager changes dramatically as they move through adolescence it is as though they revert somewhat back to the terrible two’s with awareness of their needs and an inability to fulfil them.

What does this mean as parents of teenagers?

Take the time to communicate with your child without the presence of devices in a way that lets them know they are valued and you are interested. One of our basic human needs is to feel connected and the ability to have this need met in a safe familiar family structure may lead to a better adjusted teenager when facing those teenage years of self discovery.

An easy way to fundraise!

On behalf of the Upper Hunter Domestic Violence Committee, we would like to invite you to a Creative Workshop. Our creation will be displayed at the White Ribbon Day Breakfast at the Singleton Youth Venue on Wednesday 25th November 2015.

This is a free event and we encourage you to bring your children along and activities will be provided.

When: Wednesday 18th November
Time: Between the hours of 1pm and 3pm
Where: Singleton Youth Venue

All art products are supplied, all you need to bring with you is a sense of fun and prepare to be creative!!!

Mention Singleton High School when applying for a Newcastle Permanent home or business loan (over $100,000), and for each eligible new loan they will receive $600 through our Introducer Program!* 

For more information or to arrange an appointment with a Newcastle Permanent home or business loan expert, call 13 19 87.
Fire Cadets

**The importance of Fire Cadets at Singleton High School**

- Over a number of years Singleton High School has played a major role in the Fire Cadets program.
- It is a tremendous achievement and a clear indication that our next generation understands the importance of responsibility and commitment.
- Apart from encouraging qualities of community responsibility and service, the Cadet Program also equips young people with valuable skills.
- The Cadet Program provides students with practical life experiences helping them develop leadership, teamwork and initiative skills, as well as an overview of fire awareness and safety.
- The NSW RFS cadet program is committed to fostering and developing youth, to ensure that the spirit of volunteering is perpetuated.
- By engaging young people through the school curriculum, the NSW RFS aim to develop community minded and resourceful individuals.
- By undertaking this cadet program, students gain an appreciation of the important contribution that NSW RFS members make to local communities.
- The students undertaking RFS cadet program are outstanding examples of how young people can assist in helping protect their communities.
As a year advisor, the most demanding, but definitely the most rewarding year, is Year 12.

Working with students to provide them with an end of school experience they will remember for all the right reasons is demanding of many things, but this experience brings with it great satisfaction and relief when it all works out as planned and the students are happy and appreciative of your efforts.

Numerous events are organised before students leave school officially on their last day of Term 3, but it is the Year 12 Formal, after their Higher School Certificate has been completed, that has much of the focus for students.

Students met at the Singleton Civic Centre before being driven to the secret venue by coach. This year the venue for the formal was the Pokolbin Community Hall in Pokolbin.

Work had been ongoing since the start of the year on determining a venue and organising all those things associated with running the event and on the night all our plans for fell into place.

Everything was perfect. The venue, catering, decoration of the hall, the waiters, the photobooth, the entertainment (provided willingly by Year 12 students) and finally the cooperation of Year 12 as a student body on the night. All students enjoyed their final farewell in the spirit in which it had been planned and recognised it as a fitting finale to their six years at Singleton High School.

**Bob Collins and Maddie Valentine, Year Advisors Year 12 2015**
Year 12 Formal
Year 12 Formal
Singleton High School will be hosting the ROADWHYZ program as part of the compulsory Crossroads program for Stage 6 on Tuesday November 24.

This is a compulsory program that all students of Year 12 2016 are required to attend. The program will commence at approximately 9:30am and finish 2:30pm and will be held at the school.

The program is about empowering students with the knowledge and skills required to stay safe on the roads. The ROADWHYZ Choices and Consequence program seeks to encourage students to ask questions of the experts in a safe professional environment, without feeling under pressure.

ROADWHYZ includes guest speakers many who are parents that have lost teen children as the result of risk taking behaviour. Police, paramedics and other emergency services present information about risk taking behaviour, fines incurred and what can and cannot be done to the vehicle in terms of modifications.

The program contains photographic and DVD footage of road crashes and the results of road trauma to a person. The images are incorporated not to frighten or shock participants, rather to bring attention to just what can happen as a result of reckless behaviour while driving.

The program covers the following areas and is dependent upon the number of presenters available on the day:

- Effects of speed, keeping your licence and your car
- Fines incurred;
- What you need to know about learning to drive;
- Deceleration - What happens to your body in a car crash;
- It can happen to anyone, personal accounts, and
- Various other services such as coroner’s course and Westpac Rescue Helicopter service share insight into their roles at the scene of a crash.

More information regarding the program can be found at http://www.roadwhyz.com.

For any further information please call Daniel Higgins or Tracy Orbell on 65 711199.
The Remembrance Day service was held on Friday, November 13 in the school grounds.

Our guests for the day included Major Dan Farrands and Warrant Officer Class 2 Dan Nawrocki from the Singleton Infantry Centre, representatives from Singleton Returned Services League Sub branch and Legacy group.

Mr Arthur Francis CSC, OAM accepted a cheque for $278.00 from the school’s sale of legacy badges this year. Mr Francis presented a certificate to the school for our students’ efforts.

The Infantry Centre representatives presented the Australian Defence Force Long Tan Leadership Awards. The recipients this year were Daniel York of Year 10 and Brayden Carroll of Year 12.

Year 10 students Ella Palmer and Bradley Fairclough delivered the veteran profile of Mr Francis.

Mr Francis was originally from Cessnock and he completed two tours of duty during the Vietnam War. The students reflected on his experiences in that conflict. Mr Francis was a professional soldier who enlisted as a private to progress through the ranks to be Regimental Sergeant Major of the Australian Army.

He and his wife Pam are valued members of the Singleton community and he is inducted into both the Cessnock and Singleton Wall of Fames.

Six students, including Mr Francis’ grandchildren, Emma and Jayden Hamson, Piper Francis, Harry Lewis, Bowen Flockhart and Ella Sills all laid tributes.

Ebony Ford read the Ode and Mr Edwards played the Last Post/Reveille and Claudia Smith sang the national anthem.

It was wonderful to see our students respect for this important occasion.

Nigel Cox
On Wednesday 11 November, King Street School unveiled its new remembrance memorial at the school’s annual remembrance ceremony.

The memorial was built with funds raised over several years by students past and present. The school invited present Singleton High students that were part of the King Street family in primary school to attend the unveiling.
Legacy
Legacy is a charity who have played a key role with the care of widows and families whose husbands and wives have died or been incapacitated due to their service. It is a voluntary organisation made up of mainly ex-servicemen and women, but also supported by volunteers from all walks of life. Throughout Australia there are about 90,000 war widows and 1900 children in our care. We have nearly 6000 legatee volunteers to assist with the task of caring for these widows and families.

in Singleton we have 65 widows and 25 legatees and the support we receive from Singleton High School each year is a significant contribution which enables us to assist these deserving families.

Mr Arthur Francis
Meeting of the Minds is a friendly competition created by Leanne Mullen and Mrs Tracey Holloway as part of the Gifted and Talented program of Singleton High School to allow the bright students of Singleton’s primary schools to stretch boundaries and be challenged outside the classroom and it took place this year on October 20.

The challengers walked in to Singleton High School, with smiling faces, ready to stretch their imaginations and push their intellectual capabilities. Each team was assigned a Year 10 ex-Enrichment Class student as a mentor. As well as completing each challenge, each team received a booklet of word puzzles, simple math questions and name that movie character sheets that had to be completed by the end of the day.

The days challenges included,

- **English challenge.** This included a spelling bee full of words the bright minded kids hadn’t heard of before but despite being unfamiliar the students delivered.

- **Science challenge.** Students were given a booklet of 70 science based questions to answer in 30 minutes. The booklet consisted of questions ranging from, “Is a tomato a fruit or a vegetable?” to, “Where would you find xylem?” Some of which the Year 10 students couldn’t even answer. The primary students even questioned the point of certain questions. One student saying, “What is the world’s tallest grass? What kind of a question is that?” – Angus Orton

- **General knowledge trivia.** This involved answering questions about various topics such as Harry Potter, sport and various riddles. The general knowledge section allowed each student to show their strong point, whether it was movie facts or being able to solve a riddle in record time.

- **Sport.** Without their Year 10 mentors the primary students braved through the challenge themselves. Surprisingly, discussion between the teams was quieter without Year 10, funny that...

Singleton High School’s Principal, Joanne Gray, stopped by to see what the bright minded Year 5 and 6 students were up to. After witnessing them hard at work she said, “It’s absolutely fabulous; they’re having fun while learning. They’re communicating with each other, collaborating, being creative and using critical thinking, which are four of the most important things about 21st century learning. When learning is fun and kids learn from their mistakes, it is the very best kind of learning. It is also a lovely partnership between Singleton High School and the primary schools.”

The winning teams were announced at the end of the day. In third place were the Terminators of Singleton Heights Public School, second place were The Masterminds 2.0 of Singleton Heights Public School and in first place, the winners of the mathematics challenge, was Limited Edition of Singleton Heights Public School.

The days challenge winners were presented their award by Deputy Principal, Mrs Dooley. The Stars of Singleton Public School were announced the takers of third place. In second place were Freshly Made Masterminds of Singleton Heights Public School. In first place, the champions of today’s challenge were The Sparks of Singleton Public School.

The moment had arrived, the announcement of the champions of the Meeting of the Minds Challenge Day. A drum roll began as the wide eyed intelligent beings waited to hear who had won. The winner of the Meeting of the Minds was Singleton Public School, with the cup in their hands, smiles on their faces and the Year 10 students joining them for a photo; it was obvious that the day had been a huge success.

Congratulations to all the Year 10 students who helped to make the day such an enjoyable one.

By Isabella Stibbard-Ribeiro
Ahoj!

My name is Linda Herrmannova and I am a Rotary exchange student from Czech Republic. Don’t you know where that is? It is not easy to find on a map because it is about 100 times smaller than Australia and it’s situated right in the middle of Europe between Germany and Poland. It has about 10 million inhabitants and its capital city is Prague. My national language is Czech and we have Latin script but with some special letters.

I landed in Australia at the beginning of August 2015 after a 28 hour flight and I am staying in Australia for a year, six months in Singleton and then six months in Kurri Kurri.

On August 12 I started at Singleton High School and it is so different to my school as it’s so much bigger. My school has just 400 students. In my country we start school at 8 am and sometimes even at 7 am, then we have 45 minute periods with a ten minute break between classes. School finishes at 2 pm.

Life down under is different for me but I am slowly getting used to it. Everything is upside down. I have never had a hot Christmas or travelled long distances to get from one town to the next.

I have been given the opportunity to visit many amazing places in Australia already and have travelled over 14,000 km!

I am learning Aussie slang, learning how to eat vegemite and a lot of other Australian foods and I have met plenty of new friends. I have even met koalas, magpies and kangaroos which was very special.
November at your Library

Author talk with Peter Watt

Wednesday | 25 November | 6pm – 8pm
Bookings essential | Books available for purchase and signing

Peter Watt is one of Australia’s most prolific and best loved authors. The Herald-Sun has called him, ‘Australia’s answer to Wilbur Smith’. His latest book Beneath a Rising Sun is the 9th book in the very popular Frontier series depicting Australia’s history like never before.

Non-toxic cleaning workshop
A Sustainable Singleton event
Thursday | 12 November | 6pm - 8pm
Bookings Essential
A hands-on, informative and fun workshop to encourage people to rethink their attitudes and behaviours towards the use of chemical cleaning agents in and around the home, showing how easy it is to use non-toxic cleaning practices and still get great results. This workshop will also bring to participant’s attention the use of chemicals in personal products.

Manifesting & the art of ritual
A workshop on aligning with earth and moon cycles
Kerrie Basha will explain the earth and moon cycles in an easy to understand way. Learn to harness their energies in your daily life. Kerrie will create a beautiful floral altar and bespoke ritual for the evening and show you how to recreate your very own at home.
Thursday | 5 November | 6pm - 8pm
$35 | Bookings essential
Please bring a journal and crystal to work with.

Summer Reading Club at your library

Singleton Library’s Summer Reading Club encourages and rewards reading with prizes including tablets and eReaders. Readers of any age can participate simply by picking up a reading log, recording the time spent reading over summer, then returning the log to the library for the chance to win a prize at the February 12 prize draw. This year’s prize draw will feature a talk by renowned, prize winning children’s author Catherine Jinks.
The Summer Reading Club is sponsored by Glencore Coal.

Launch, sausage sizzle with bush music
Thursday | 26 November
5pm - 6.30pm

www.singleton.nsw.gov.au | 8-10 Queen St Singleton | Phone 02 6578 7500
**Sports Report**

**Under 15’s Netball**
Last week, the Under 15s netball team went to Scone to compete in a zone gala day. This gala day was an opportunity to make it to the next round and with such delight I inform you that the girls absolutely smashed it, beating Scone High School 64-7 and Muswellbrook 58-22.

That being said the girls move onto the next round which is Wednesday 25th November at National Park Netball Courts, Newcastle. The girls were also lucky to have two senior students involved in their success. Kaitlyn Malone and Stephanie Nobel coached the team to victory and are hoping they can do the same in a few weeks.

Well done girls.

**Annual LifeSaving Program**
Each year, the PDHPE Faculty staff, with the support of Yr 7 Year Advisors and the broader school community runs our annual LifeSaving Program. This year the program will be held in Week 9 at the Singleton YMCA Swim and Gym.

This program targets personal safety, leadership and teamwork and personal skill development in aquatic environments. It is conducted using a peer teaching/mentoring model following the structure of the Royal Life Saving Association Australia (RLSAA) Swim and Survive Program as well as the Bronze Medallion qualification process.

Year 11 Sports, Lifestyle and Recreation, VET Sports Coaching and Year 9/10 Physical Activity and Sports Studies students are extensively trained as group leaders, who assist in guiding small groups of Year 7 students through the highly structured Swim and Survive Program. Each Year 7 student is assessed for their current level of competency and placed into an appropriate group level to develop their swimming and lifesaving skills. All students will also receive training in the vital life skill of CPR and Resuscitation. PDHPE staff are accredited RLSAA Swim and Survive, Bronze and Resuscitation Examiners and are able to officially assess and accredit student competency and achievement.

The 2015 program structure is as follows:

- **Monday 31st Nov ‘15**
  - Year 9,10,11 Leaders Training Day
- **Tuesday 1st Dec- Thursday 3rd Dec ‘15**
  - All Year 7 students to attend and complete structured 3 day program. Compulsory attendance. No classes or supervision at school for Year 7. All senior leaders to attend.
- **Friday 4th Dec ‘15**
  - Year 9,10, 11 Leaders Bronze Assessment Day

All students have received information and permission notes on multiple occasions this Term. They are to be completed and returned ASAP to the PDHPE staff. There is a cost associated with the program which covers entry to the pool each day (members are not required to pay entry costs) as well as RLSAA fees. If any student has an issue with payment for the program, appropriate equity support for participation is available.

If there are any further questions please feel free to address them to program coordinators, Mr Andrew Somerville and Mrs Tracy Orbell or any of the PDHPE staff.

Thank you for the ongoing support of this valuable program.

Mr A Somerville / Mrs T Orbell – SHS Annual LifeSaving Program Coordinators
On Wednesday 21st October K1, K2 and K4 headed down to the Panthers Club in Newcastle to celebrate the graduation of Year 12 students who attend support classes across the Hunter region.

During Term 3, all classes in the Support Unit met once a fortnight and split into three groups. Group One created the dance routine, Group Two made stage items and props and Group Three designed our costumes. It was lovely for all students to be involved and work in a group of their choice.

All groups worked extremely well together and our efforts were rewarded by a flawless performance of our concert item ‘Everything is Awesome’. Students looked great in their costumes and knew every dance move. Staff wore specially designed t-shirts with ‘Our students are awesome’ printed on the back.

It was fantastic to also have parents/caregivers involved in the day, with some making a special trip down to Newcastle to join in the fun. Our transport was provided by the Singleton PCYC and Singleton Salvation Army mini buses. We thank these two organisers for supporting us to keep our transport costs extremely low and the interest they showed in helping us to make this event a success.

As a support unit we celebrated the graduation of James Platten and Kiara Frazer, both students have been members of our K2 class this year. James will begin his transition to work program in 2016 and Kiara will continue to be supported by her family. We wish James and Kiara all the best for 2016 and will be sure to keep in close contact with both of them.

Next year we will have a large cohort of Year 12 students graduating – Wonder what our concert item will be? Stay tuned to find out! We look forward to doing it all again in 2016.

Everything is Awesome.
Everything is cool when you’re part of a team.
Everything is Awesome.
When we’re living our dream
SRC Induction

The induction of the Student Council of Singleton High School took place in the school multi purpose centre on Thursday October 22 at a whole school assembly. Parents were invited to attend the event and the ceremony also provided an opportunity to induct the new Singleton High School captains and house captains.

First the School Captains and Vice Captains, Laura Avard, Zachary Taylor, Ebony Ford and Jackson Kolotchew, were inducted before Laura and Zachary took control of the induction ceremony for the remainder of the process.

Compared to previous years we have a large student council in 2016 however, evidence from their recent workshop at Glenrock Lagoon, would indicate that they are an excellent cohort and will provide excellent service and a valuable resource for Singleton High School in the coming year.

Special guests at the induction ceremony were Marcus and Sharon Kirkwood who were presented with a framed poster and commemorative shirts from our recent ‘Tommy’s Day’ campaign by our SRC. Both Marcus and Sharon responded to the presentation with a short speech that was very much from their heart and appreciated by all in attendance.

Bob Collins, SRC Coordinator
Helping our students and inspiring them in a subject area has become easier. Find below a listing of special careers news items that have been emailed out to many of our students and parents. If you know students have a talent, this is a great way to assist them, so please encourage them to take part in those events mentioned below.

CAPA
Dance, Drama, Music, Visual Arts

The University of Sydney Sydney College of the Arts Portfolio Day
21 November, 10.00am to 3.00pm
Sydney College of the Arts, The University of Sydney, Park Drive, Lilyfield
Receive feedback on your portfolio and tour SCA.
http://whatson.sydney.edu.au/events/planning/portfolio-day

The University of Sydney Sydney College of the Arts Degree Show
18 to 24 November, 10.00am to 4.00pm
Bachelor of Visual Arts and Bachelor of Visual Arts (Honours) students’ work exhibition.

Western Sydney University Communication Career Portfolio Day
10 November, 9.30am to 2.30pm
Werrington South Campus
Show your portfolio of writing, videos, or creative work, speak to staff and you may have an early offer into the Bachelor of Communication or Bachelor of Screen Media.
http://www.westernsydney.edu.au/humanities_communication_arts/hca/blog_and_news/communication_career_and_portfolio_day

Sydney TAFE Information Sessions and Events
Music Career and Course Info Night. 17 November, 6.30pm to 7.30pm, Ultimo TAFE
http://sydneytafe.edu.au/newsevents/events

International Screen Academy School Holiday Film and Acting Workshop
11 to 14 January, 4.00pm
242 Young Street, Waterloo
Ages 15 to 18.
Movie writing, directing, cinematography and screen acting skills expert advice.

SAE Sydney Open Day
30 January, 11.00am to 3.00pm
Level 1, 11-17 York Street
Course and career opportunities.
Contact: 02 8241 5200 or sydney@sae.edu.au

AIT Information Night
10 November, 1 December, 6.00pm to 8.00pm
Level 2, 7 Kelly Street, Ultimo
Course and career opportunities.

Wollongong Design Studio Foundation of Interior Design
Starts February
Five week course with 3hrs/ week. Learn basic fundamentals of interior design with professionals.
Contact: info@wollongongdesignstudio.com.au

Academy of Interactive Entertainment 2016 Work Experience Program
Years 10 to 12 in 3D animation and programming.
http://www.aie.edu.au/StudentInformation/workexp

Academy of Interactive Entertainment VET in Schools Program
Certificate II in Creative Industries (3d Animation Foundations), Certificate II in Information, Digital Media & Technology (Game Programming Foundations) & Certificate III in Media (Game Design Foundations) Non ATAR.

Sydney Dance Company School Holiday Workshops
14 to 15 January
Pier 4, 15 Hickson Road, The Rocks
For experienced young dancers with direction from professional choreographers.
Contact: Tamara Wheeler on 02 9258 4818 or tamaraw@sydneydancecompany.com

UNSW Art and Design Media at UNSW Careers and Industry Evening
14 December, 6.00pm to 8.00pm
John Niland Scientia Building, UNSW Kensington

ENGLISH

Western Sydney University Communication Career Portfolio Day
10 November, 9.30am to 2.30pm
Werrington South Campus
Show your portfolio of writing, videos, or creative work, speak to staff and you may have an early offer into the Bachelor of Communication or Bachelor of Screen Media.
http://www.westernsydney.edu.au/humanities_communication_arts/hca/blog_and_news/
**Communication, Career and Portfolio Day**

**Law Degree Insight Evening at University of Newcastle**

18 November, 5.30pm to 7.00pm

Watt Space Gallery


**Maths**

Re-Engineering Australia Foundation STEM Education World Tour 2016 for Teachers and Students

Visits to Korea, Germany, New York

3 to 4 week mid-year school holidays tour on Science, Maths, Technology, Engineering. Cost approximately $8,500 - $10,000 each.


P.D.H.P.E.

Community and Family Studies, P.D.H.P.E.

**Flying Fish Traineeships**

Courses start January and March

Worldwide yachting, water and winter sports job opportunities.

http://www.flyingfishonline.com/

**Bradman Scholarship**

Closes 28 February

$5,000 per annum if you have the personal requirements and academic, cricket ability.

Contact: (02) 4862 1247 or info@bradman.com.au


**Science**

Senior Science, Biology, Chemistry, Earth and Environmental Science, Physics

Re-Engineering Australia Foundation STEM Education World Tour 2016 for Teachers and Students

Visits to Korea, Germany, New York

3 to 4 week mid-year school holidays tour on Science, Maths, Technology, Engineering. Cost approximately $8,500 - $10,000 each.


UNSW Scientia Challenge Years 7 – 10

Closes 22 November

Runs 19 to 21 January

UNSW Kensington

For gifted and talented Years 7-10 with 3 days of workshops.

https://education.arts.unsw.edu.au/about-us/gerrick/forgifted-students/scientia-challenge-yr-7-to-10/

**College of Complementary Medicine Information Day**

14 November, 10.00am to 3.30pm

Level 6, 124 - 136 Chalmers Street, Surry Hills

Course and career opportunities.

http://www.complementary.arts.unsw.edu.au/home#overlay=ccmcalendar/event/inspiration-day-surry-hills-campus-1

**Health Heroes**

For Aboriginal and Torres Strait Islanders interested in health industry careers with jobs available and case studies.


**How to Become a Naturopath**

From the Australian Institute of Applied Sciences.


**UNSW New Dual Degree Civil Engineering and Surveying**

Five years with professional engineer and a professional surveyor accreditation.


**CSU Online Digital Forensics Course**


**H.S.I.E.**

Aboriginal Studies, Ancient History, Business Studies, Economics, Geography, Legal Studies, Modern History, Society and Culture, Studies of Religion

**Law Degree Insight Evening at University of Newcastle**

18 November, 5.30pm to 7.00pm

Watt Space Gallery


**Sydney Institute of Business and Technology Drop In Information Sessions**

Weekly on Thursdays from 12.30 to 1.30pm and 5.30 to 6.30pm

11 York Street, Sydney.

Pathway entry to Macquarie Uni.


**Sydney TAFE Information Sessions and Events**

Business and Finance Information Session. 17 November, 6.00pm, St George Street

http://sydneytafe.edu.au/newsevents/events

**T.A.S.**


**Re-Engineering Australia Foundation STEM Education World Tour 2016 for Teachers and Students**

Visits to Korea, Germany, New York

3 to 4 week mid-year school holidays tour on Science, Maths, Technology, Engineering. Cost approximately $8,500 - $10,000 each.


**HTN Aspire**

Four week chef, butcher or baker course

Starts 23 November

Workshops with leading chefs and HTN mentor employment advice.


**William Blue College of Hospitality Management Info Night**

19 November, 5.30pm to 7.30pm

The Rocks Campus, 1 – 5 Hickson Road Sydney

Course and career opportunities.

Contact: 1300 851 237 or enquiries@williamblue.edu.au

Wollongong Design Studio Foundation of Interior Design
Starts February
Five week course with 3hrs/ week. Learn basic fundamentals of interior design with professionals.
Contact: info@wollongongdesignstudio.com.au

VET COURSES
Sydney TAFE Information Sessions and Events
Job Skills Day. 17 November, 9.30am to 2.00pm, St George TAFE and Randwick TAFE
http://sydneytafe.edu.au/newsevents/events

VET Automotive
Vantage Automotive
Vacancies across NSW and the ACT.
http://www.vantageautomotive.com/

VET Entertainment Industry
SAE Sydney Open Day
30 January, 11.00am to 3.00pm
Level 1, 11-17 York Street
Course and career opportunities.
Contact: 02 8241 5200 or sydney@sae.edu
http://sydneytafe.edu.au/newsevents/events

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Sydney TAFE Information Sessions and Events
17 November, 9.30am to 2.00pm, St George TAFE and Randwick TAFE
VET Information and Digital Technology
HTTP Information Night
10 November, 1 December, 6.00pm to 8.00pm
Level 2, 7 Kelly Street, Ultimo
Course and career opportunities.

Academy of Interactive Entertainment 2016 Work Experience Program
Years 10 to 12 in 3D animation and programming.
http://www.aie.edu.au/StudentInformation/workexp

Academy of Interactive Entertainment VET in Schools Program
Certificate II in Creative Industries (3d Animation Foundations), Certificate II in Information, Digital Media & Technology (Game Programming Foundations) & Certificate III in Media (Game Design Foundations) Non ATAR.

VET Information Technology
HTTP Information Night
10 November, 1 December, 6.00pm to 8.00pm
Level 2, 7 Kelly Street, Ultimo
Course and career opportunities.

VET Metals and Engineering
Re-Engineering Australia Foundation STEM Education World Tour 2016 for Teachers and Students
Visits to Korea, Germany, New York
3 to 4 week mid-year school holidays tour on Science, Maths, Technology, Engineering. Cost approximately $8,500 - $10, 000 each.

VET Tourism and Events
QANTAS Casual Flight Attendant Positions, Melbourne, Brisbane based
Closes 22 November
### Uniform Shop

#### Uniform Price List

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Skirt - Checked grey 8-20</td>
<td>$46.00</td>
</tr>
<tr>
<td>Skirt - Checked grey 22-26</td>
<td>$52.00</td>
</tr>
<tr>
<td>Blouse - Blue or White</td>
<td>$23.00</td>
</tr>
<tr>
<td>Polo Shirt - Blue or White</td>
<td>$27.00</td>
</tr>
<tr>
<td>Pants (girls) - navy hipster</td>
<td>$40.00</td>
</tr>
<tr>
<td>Pants 3/4 (girl)</td>
<td>$38.00</td>
</tr>
<tr>
<td>Shorts - Grey longer leg</td>
<td>$5.00</td>
</tr>
<tr>
<td>Shorts - Grey short leg</td>
<td>$27.00</td>
</tr>
<tr>
<td>PE / Sport polo Shirt</td>
<td>$27.00</td>
</tr>
<tr>
<td>PE / Sports shorts</td>
<td>$22.00</td>
</tr>
<tr>
<td>Woollen Jumper 12-14</td>
<td>$63.00</td>
</tr>
<tr>
<td>Woollen Jumper 16-22</td>
<td>$70.00</td>
</tr>
<tr>
<td>Woollen Jumper 24-28</td>
<td>$76.00</td>
</tr>
<tr>
<td>Tracksuit pants</td>
<td>$30.00</td>
</tr>
<tr>
<td>Tracksuit Jacket</td>
<td>$50.00</td>
</tr>
<tr>
<td>Second hand clothing</td>
<td>$5.00</td>
</tr>
</tbody>
</table>

Donations of second-hand uniforms would be greatly appreciated. All money raised is donated back to the school. Unfortunately we do not sell pre loved uniforms on consignment. 

#### Payment

Cash, cheque or eftpos/credit card facilities available.

#### Location

Near the MPC building, enter through the main office and follow the signs.

#### Opening Times

Monday 8.30am till 10.30am and 3.30pm till 5.00 pm

#### Online orders

Place orders and pay online via the Singleton High School website and collect from the front office Tuesday to Friday.

### Canteen Roster

<table>
<thead>
<tr>
<th>Date</th>
<th>Staff Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday 16 November</td>
<td>HELP NEEDED</td>
</tr>
<tr>
<td>Tuesday 17 November</td>
<td>J Groucutt</td>
</tr>
<tr>
<td>Wednesday 18 November</td>
<td>K Hitchcock</td>
</tr>
<tr>
<td>Thursday 19 November</td>
<td>M Hamson</td>
</tr>
<tr>
<td>Friday 20 November</td>
<td>C Holz</td>
</tr>
<tr>
<td>Monday 23 November</td>
<td>D Stewart</td>
</tr>
<tr>
<td>Tuesday 24 November</td>
<td>S Cameron</td>
</tr>
<tr>
<td>Wednesday 25 November</td>
<td>HELP NEEDED</td>
</tr>
<tr>
<td>Thursday 26 November</td>
<td>M Jack, K Anderson</td>
</tr>
<tr>
<td>Friday 27 November</td>
<td>P Hannan, M Higgins</td>
</tr>
<tr>
<td>Monday 30 November</td>
<td>R Worgan</td>
</tr>
<tr>
<td>Tuesday 1 December</td>
<td>A Watts</td>
</tr>
<tr>
<td>Wednesday 2 December</td>
<td>K Ruigrock, C Considine</td>
</tr>
<tr>
<td>Thursday 3 December</td>
<td>HELP NEEDED</td>
</tr>
<tr>
<td>Friday 4 December</td>
<td>V Waugh</td>
</tr>
</tbody>
</table>

### Canteen Menu

#### Hot Food

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Nuggets (5)</td>
<td>$2.00</td>
</tr>
<tr>
<td>Sausage Roll</td>
<td>$3.50</td>
</tr>
<tr>
<td>Meat Pie (lean)</td>
<td>$4.00</td>
</tr>
<tr>
<td>Cheese and Bacon Pie</td>
<td>$4.50</td>
</tr>
<tr>
<td>Chicken Burger</td>
<td>$4.50</td>
</tr>
<tr>
<td>Beef Burger</td>
<td>$4.50</td>
</tr>
<tr>
<td>Sweet Chilli Wrap</td>
<td>$5.00</td>
</tr>
<tr>
<td>Pizza Roundas</td>
<td>$2.50</td>
</tr>
<tr>
<td>Noodles</td>
<td>$2.50</td>
</tr>
<tr>
<td>Sauce</td>
<td>$0.30</td>
</tr>
</tbody>
</table>

Not Everyday....

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Salt n Vinegar Tenders</td>
<td>$1.00</td>
</tr>
<tr>
<td>Garlic Bread</td>
<td>$1.00</td>
</tr>
<tr>
<td>Sweet Chilli Subs</td>
<td>$1.50</td>
</tr>
</tbody>
</table>

#### Rolls

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Salad Roll (with meat)</td>
<td>$5.00</td>
</tr>
<tr>
<td>Salad Tub (with egg)</td>
<td>$5.00</td>
</tr>
<tr>
<td>Fruit Cup</td>
<td>$4.00</td>
</tr>
<tr>
<td>Fruit with Yoghurt</td>
<td>$4.50</td>
</tr>
<tr>
<td>Salad sticks with Dip</td>
<td>$2.50</td>
</tr>
</tbody>
</table>

#### Sandwiches

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Chicken and Lettuce</td>
<td>$4.00</td>
</tr>
<tr>
<td>Ham, Cheese and Tomato</td>
<td>$4.00</td>
</tr>
<tr>
<td>Egg and Lettuce</td>
<td>$3.50</td>
</tr>
<tr>
<td>Beef and Pickles</td>
<td>$4.00</td>
</tr>
<tr>
<td>Cheese and Tomato</td>
<td>$3.50</td>
</tr>
</tbody>
</table>

#### Wraps

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Salmon, cream cheese, cucumber, lettuce</td>
<td>$5.00</td>
</tr>
<tr>
<td>Turkey, cranberry, camembert, lettuce</td>
<td>$5.00</td>
</tr>
</tbody>
</table>

#### Brekkie Ideas (before 9.30am)

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hash Browns</td>
<td>$1.00</td>
</tr>
<tr>
<td>Brekkie Wrap</td>
<td>$2.00</td>
</tr>
<tr>
<td>Muffins/Finger bun/banana bread</td>
<td>$2.00</td>
</tr>
<tr>
<td>Coffee and Hot Chocolate</td>
<td>$3.00</td>
</tr>
<tr>
<td>Raisin Toast</td>
<td>$5.00</td>
</tr>
</tbody>
</table>

#### Daily Specials

**Monday**
- Fried rice & 3 spring rolls | $5.00 |

**Tuesday**
- Toasties                                  | $2.00 |
- Cookies                                   | $2.50 |

**Wednesday**
- Mini Pizzas                              | $2.50 |
- Caramel or vanilla slice                  | $2.00 |

**Thursday**
- Chicken Caesar cup                       | $5.00 |
- Chicken Caesar wrap                       | $2.50 |

**Friday**
- Cans of drink                            | $2.50 |
- Powerade                                   | $4.00 |
- Dare iced coffee                          | $4.00 |
- Plain milk                                 | $3.00 |
- Juice (large and small)                   | $5.00 |
- Iced Tea                                  | $3.00 |
- Slushies                                  | $2.00 |
- 600ml Water                              | $2.00 |

#### Drinks

- Assorted Ice blocks from 50 cents
- Stationery Items from 50 cents

#### Snacks

- Pretzels (large)                          | $2.00 |
- Red rock deli chips (large)               | $2.00 |
- Red rock deli chips                       | $1.00 |
- Smiths Chips                              | $1.00 |
- Jumpy’s                                   | $1.00 |
- Grain Waves                               | $1.00 |
- Twisties                                  | $2.00 |

#### Orders only, sandwich, juice and fruit tub

**Healthy Meal Deal** | **$4.50**

**Stationery Items from 50 cents**