AUTOFEST SUCCESS • ATHLETIC STARS • LOGAN MAKES CHS TEAM • DEB BALL CATERING • HOST FAMILIES WANTED
UNIFORM SHOP IS NOW OPEN
ON MONDAYS
8.30AM TO 11.00am
and
3.30pm to 5.00pm
Alternatively place and pay for uniform orders online and collect from the school office any time within office hours.
**Autofest Success**

Last Saturday we had our P&C fundraiser for the year, our AutoFest. It was a perfect day weather-wise and the cars just kept rolling in. It was a very successful fundraiser, with over $6000 being raised to support special education in the school. Huge thanks go to parents Bianca and Mark Edwards for their idea and drive. Particular thanks also to our P&C for their hours of work, and to our school team Kristen Strachan, Graeme Lindsay and Ian Skilton. Matthew Edwards brought the town band along and some of our Year 12 music students performed, adding to the ambience of the day. The support staff spent many hours behind the BBQ and did an incredible job. Thank you to everyone who helped and attended making the day such a wonderful event. I believe that it will become an annual fixture.

**Girl’s Soccer triumphant**

Congratulations to our girls’ soccer team for their 8-0 win last week against St Phillips Nulkaba. This game was played on our back oval so I was lucky enough to witness some fantastic goals!

**Catholic Deb Ball**

I was invited as a ‘special guest’ to the Debutante Ball on Friday evening. Seven of our girls and six from St Catherine’s were making their debut. Our hospitality students catered for the event and needless to say their efforts were a knockout. Congratulations to all of our students and their teachers for the wonderful quality of their work.

**Transition Day Year 7 2016**

On Monday many Year 6 students spent the day at SHS, learning about high school life. The students were excited and some were nervous, but they had a great day sampling high school lessons and learning study skills. Thank you to Mark Henderson, Martin Gray and Matthew Edwards for their work organising and running the day. We are very excited to be welcoming all of these new students to join us at SHS in 2016.

**Athletics Carnival**

The athletics carnival, despite the wind, was a great event and I was impressed with the level of participation from students on the day that competed fiercely to ward off the cold. Thank you to the PE staff for their organisation and to the SRC for keeping everyone fed with something warm.

**Year 7 Special Religious Education Notes**

Could I please ask that Year 7 students return their notes for SRE to the office asap. For further information on the SRE program run at SHS and the DEC policy, please see the school website.

**School Sign**

We are expecting a new school sign to be installed by Friday afternoon, which is an exciting addition and improvement to communication with our community.

As many of you will be aware, the school has had a difficult start to the term with three separate car fatalities involving ex-students of SHS. These recent tragedies have deeply saddened many of our staff and students and it is impossible to find adequate words of condolence. It is so impressive to witness the level of support our community has for each other. Please remember that the school has counsellors available for our students if needed.

I would like to wish all students the best with their half yearly exams, and congratulate Years 7 and 9 for the way they conducted themselves during the NAPLAN exams.

Jo Gray, Principal
Ni hao. WW (Chinese for Hello)

I have just returned from visiting family in China and I thought it might be a good chance to look at some of the differences between high schools in our two countries.

My nieces are both 15 and effectively are at Year 9 level. English is one of their major subjects and whenever I am there, they like to try and practice their skills. The ability to speak English is seen to be very valuable in getting a job once schooling is finished, especially if you are looking at a career in government or commercial areas. They live in a small country town, by Chinese standards, of about 100,000 people.

School for them runs over the whole week, with a two hour lunch break each day and Sunday afternoon off. Where possible, students will go home for lunch with their family and this is the main meal for the day; students then return to school for the afternoon session.

Students at high school usually sleep at school and have their evening meal there before continuing with lessons after dinner, through to about 9.00 pm. It is rare to see a high school age student on the street, except at lunch time. Education is seen as being vital to success and there is incredible expectation to do well and move to university study at the completion of high school.

Sport does not have a high profile in the normal day to day life of students, except for exercise sessions to begin the day and it is hard to find the sporting facilities that we take for granted. It is very rare to see a school event such as I watched when our U 15 girls’ soccer team beat St Phillips 8 – 0. It is a very different way of life and very foreign (?) for me when I visit, as I have always followed sport.

One area of similarity however is the sense of community. I have just finished my first week back at school after my China visit and it has been incredible to think of the floods and accidents that have so deeply touched the Singleton community. To see the way students and staff have pulled together and been able to get on with what has to be done has made me proud to say that I am a member of Singleton High School. People all over the world pull together when there is trouble; I think that Singleton does it as well as anywhere and sets very high standards for compassion and caring.

Examinations
The formal 7-11 Examination Schedule has been released and students will be busy over the coming weeks with whole form exams in the MPC and class tests. The NAPLAN tests are also happening in Week 4, so it will be a very busy time for Years 7 and 9. I wish you well for your coming exams and trust that you can display your full potential.

Athletics Carnival
By the time you read this, the Athletics Carnival will have been re-run after the earlier washout. As I mentioned above, I have always been keen to participate in sport and I think that it is an important outlet for students and adults. Sport allows students who are not academic to shine in their own right and to make their own way in the world. There are also those all-rounders who excel in all endeavours and it is good to see the competition between students at all levels.

As long as you are giving your best, you are a winner, academically or sporting. There is only one person who can be best at any time, but the person who has done their best cannot be asked for any more. I have seen many winners at Singleton High and can only wish that you are able to continue to succeed in whatever field you are in.

Glenn Yates, Deputy Principal
**Welcome Nicole**
As you would know, Dayna Cowmeadow has been the Wellbeing assistant in Term 1 and she has now been appointed as H/T Staff Administration (rel) for the remainder of this term. Nicole French will step into the Wellbeing Assistant role for the rest of Term 2.

**Seasons for Growth**
Change and loss are issues that affect all of us at some stage in our lives. At Singleton High School we recognise that when changes occur in families through death, separation, divorce or related circumstances, young people may benefit from learning how to manage these changes effectively. We are therefore offering a very successful education program called Seasons for Growth. This program is facilitated in small groups and is based on research that highlights the importance of social support and the need to practise new skills to cope effectively with change and loss. The program focuses on issues such as self-esteem, managing feelings, problem-solving, decision-making, effective communication and support networks. Seasons for Growth runs for eight weeks and each weekly session is 40-50 minutes. The program concludes with a ‘Celebration’ session. Later in the year each group will have the opportunity to meet for two further sessions to build on their earlier learning. Seasons for Growth will commence in Term 3.

This program is usually offered to Years 7 and 8, however if numbers suggest a senior program would be useful we will investigate facilitating a program for those students also. Groups usually contain 6 – 8 students. If you think your son or daughter would benefit from Seasons for Growth we would encourage you to talk to him/her about this. Should he/she decide they would like to participate in such a program can you please contact Kathleen Ballard, Head Teacher Wellbeing, on 65711199

**Kathleen Ballard and Nicole French**
Wellbeing Team
DEALING WITH LOSS AND GRIEF

We all experience losing a loved one in our lives. No matter how long ago you are, this is upsetting and painful and leaves you with a range of feelings from shock and disbelief to sadness, anger, and loneliness. It takes time to get over these feelings and to adjust to life without the person, but it is possible.

GRIEVING TAKES TIME

Feelings of grief are different for each person and can vary in intensity. They can feel like you’re running in circles and can’t stop crying. On the other hand, you may feel emptiness and numbness. You might find it difficult to eat and have trouble sleeping at night. Grief can cause physical changes as well, such as headaches, stomach aches, or getting colds easily. There is no “right” way to move because everyone deals with loss differently.

WORKING THROUGH GRIEF

It can feel like there’s nothing you can do to work through your grief. But there are some practical things you can do to help you on your journey towards a new life.

SUGGESTIONS FOR MANAGING LOSS AND GRIEF

It can be helpful to:
- Allow yourself to cry—letting your feelings, and cry, can bring some relief.
- Take time out—If you need to be alone, you need to take some time out.
- Work through your grief—write letters, keep a journal, or talk to a friend.
- Find your grief—It's okay to enjoy your memories.
- Talk to someone—share your feelings, and you can talk to someone.
- Feel your body—Let your body feel it all.

Keeping a diary of your feelings and memories can give you a sense of control and allow you to focus on your grief. This can help you write letters to the person you say goodbye to, what you want to say, and what you really value in your relationship. If you don’t feel like writing, you could keep a coin in which you draw pictures or other visual reminders of your life together.

KEY POINTS TO REMEMBER

Losing a loved one is a stressful experience. Many people process the period of grief, but some continue to feel overwhelmed for a long time. Sometimes people develop a Major Depressive Episode after losing a loved one, you may see an increase in depression symptoms for more than 2 weeks:
- feel sad, down, or miserable and it lingers most of the day.
- feel less energy or interest in your usual activities.

You might also feel:
- not eating as much or eating far more
- feeling changes in your relationship with family and friends.
- if this applies, you also have FOUR OR MORE of the following symptoms, you may have depression:
- difficult to concentrate or decide
- feeling partly empty or left with a feeling of emptiness
- feel extremely guilty
- feel that life is not worth living.

If this is happening to you, talk to your doctor. These feelings are unlikely to go away on their own.

SOURCES:
- A 2-day course. www.youthbeyondblue.com
- A 2-day course. www.youthbeyondblue.com
- A 2-day course. www.youthbeyondblue.com
- A 2-day course. www.youthbeyondblue.com
- A 2-day course. www.youthbeyondblue.com
- A 2-day course. www.youthbeyondblue.com
- A 2-day course. www.youthbeyondblue.com
Welcome back Year 9 to what is going to be a fun and full term. Term 2 is an extremely busy term. Congratulations to all Year 9 students who displayed respect and maturity during the ANZAC service in the MPC. This is a great event allowing students to become involved in our Australian history and learn that of the ANZACS. Well done.

Year 9 students have received their schedules for their upcoming semester one exams. These are being held over Weeks 5 and 6. Students have been very busy completing course work and using their time wisely for preparation. We encourage you to seek extra assistance.

This term will also see a selective number of students becoming involved in a community based mentoring program called Youth Frontiers. This allows students to have an opportunity to create a project with the assistance of a community member to increase awareness within a particular area of their choosing. We are so excited to see these students excel and become engaged in the community. Watch this space.

We are looking forward to what will be another great term.

Nathan Jones & Jaye Sunerton

It has been a hard start to a busy term but thank you to all students for keeping positive. Year 10 have conducted themselves to an exemplary standard so far this year demonstrating respect, responsibility, pride and excellence in learning. They have truly been roll models to the junior years. Keep up the positive attitude.

It is important during this busy year to manage your time effectively, so please be aware of when your assessment tasks are due, it is up to the students to submit all work on time. Students and parents can access an assessment schedule through Moodle.

The Year 10 leadership team have been discussing the idea of contacting the McGrath Foundation to participate in the raising of money for breast care nurses. They are investigating the logistics of holding a pink cricket event in the year. The team are also looking into the planning of the end of year trip to Queensland. The Year 10 Gold Coast Queensland excursion provides an excellent opportunity for students to enjoy a variety of education programs such as peer support activities and team building skills (social management), how to study lessons, self-awareness and self-management lessons taught each day to assist in your child’s development prior to undertaking the HSC. This excursion looks to develop and build on every student’s personal educational development. All monies are to be paid by the due date.

Congratulations to the two students from Year 10 who won Max Potential scholarships. They will be creating a community-based project, it will be an invaluable self-development for those students selected. We wish you well throughout the experience. We are looking forward to their presentation on the 25 August.

All Year 10 students have the invaluable opportunity to experience work experience during Week 9 this term. It is important that the students take advantage of this and think about what they want to do in the future and try it out. This will help guide them into further subject selection and future training opportunities. Along with this opportunity there is a careers expo coming up and ‘Round Table’ held at school where they can get themselves ready to experience a practice job interview.

Stay positive and work hard Year 10!

Daniel Mead and Andrew Sommerville
Tracey, Megan and Daniel welcome back our Year 11s and trust you have had a relaxing Easter break and did not get too wet on your return to school.

Our thoughts go out to the families affected by the flooding in the area and if there is anything we can help with please let us know. Year 11 are currently raising money for the SRC initiative SOS 4 SES and are well out in front for such a great cause. The SES members are a valuable resource and the students are behind them 100%.

Year 11 was given permission notes for Seminar Day which is on the 29 May. Yes it is for the HSC, however we encourage Year 11 students to attend to have an understanding of what is to come in their immediate futures.

We also are wishing our students luck in their assessment tasks and offer any assistance that we can. Keep safe and well.

Daniel Higgins and Megan Smith

---

**Year 7 Study Skills Day 2015**

Whilst the majority of students were enjoying the competition our school’s athletics carnival this past Monday, a group of 19 Year 9 students, assisted 9 teachers from our school, in welcoming over 170 students from 9 local primary schools.

**The purpose of this day was to welcome these young students who will form the 2016 cohort of Year 7 students at our school.**

This day, which is part of the Singleton High School Transition program, had its focus firmly on improving study skills of these young learners. Organised by Transition Coordinator Mr Henderson & 2016 Year 7 Year Advisors Mr Edwards & Mr Gray, students learned about a number of differences between primary school & our high school and the importance of developing good study habits as they move into the high school learning environment.

Throughout the day the students were exposed to actual lessons from a number of different faculties and the day culminated in the students working in groups to develop a poster of what they enjoyed about Singleton High School. There were many excited students at the end of the day and many eager to start their journey in high school in 2016.

Thank you to everyone who supported this extremely worthwhile event.

Mark Henderson, Transition Coordinator
In the September holidays a group of our students and staff will be travelling to Japan. The group met at the Nagisa Restaurant last week to discuss their trip and to enjoy the beautiful Japanese food.

This edition’s Student Spotlight asked Caitlin Yallop of Year 8, who is the youngest member of our tour group, a few questions.

**What made you choose to study Japanese?**
I thought the different language was cool and I enjoy learning about different cultures.

**What are you looking forward to the most about your trip to Japan?**
Disneyland and staying with my host family in Takahata.

**Do you have any plans for when you leave school?**
That’s too far away to think about yet!

**Who was your childhood hero?**
Superwoman.

**Name some things you can’t live without**
Parents and WiFi.

**Something that makes you happy**
Sport. I play cricket and Netball on the weekends.

**Favourite thing about Singleton High School**
Teachers and my friends and sports here are fantastic too.

---

### Butter Chicken

125ml (1/2 cup) natural yoghurt
1 tablespoon lemon juice
1 teaspoon turmeric
2 teaspoons garam masala
1 teaspoon chilli powder
1 teaspoon ground cumin
2 teaspoons grated fresh ginger
2 garlic cloves, crushed
1kg chicken breast fillets, chopped
125g cashews, roasted
60g unsalted butter
1 tablespoon sunflower oil
1 onion, finely chopped
1 teaspoon ground cardamom
1 cinnamon stick
1 Indian bay leaf* or normal bay leaf
2 teaspoons sweet paprika
425g can tomato puree*
150ml Campbell’s Real Stock Chicken
250ml (1 cup) thickened cream
Steamed SunRice Basmati Rice, to serve

#### Method
1. Combine yoghurt, lemon juice, turmeric, garam masala, chilli, cumin, ginger and garlic in a bowl. Add chicken and stir well. Cover and refrigerate overnight.
2. Reserve half the cashews and place remaining cashews in a food processor. Process until finely ground.
3. Heat the butter and oil in a pan over medium heat. Add the onion, cardamom, cinnamon and bay leaf and cook for 2 minutes until the onion starts to soften. Reduce heat to low, then add chicken and marinade, paprika, tomato puree, cashew powder and stock. Simmer for 15 minutes. Stir in cream and cook for a further 10 minutes.
4. Garnish with cashews, chopped coriander and serve with rice.
Nathan Jones is Year 9 advisor and teaches Science. He recently took a group of our students on an ‘Outward Bound’ adventure. We asked him a few questions.

How long have you taught at Singleton High School?
I have taught at Singleton High for 6 years.

Tell us about your experience as a school student?
I really enjoyed school, especially spending time with friends. My favourite years were 11 and 12.

What was your favourite subject at school?
Science (of course)

Best memory of your childhood school?
The community spirit of the school. All of the teachers and most of the students were committed to making school a good place to be.

What made you want to become a teacher?
I have always liked the idea of teaching, but my Year 11 and 12 Chemistry teacher was the real push. He worked really hard to support us and made the classroom a really fun and enjoyable place to be in. I wanted the opportunity to do the same as he did.

You have had some interesting experiences taking students on both ‘Outward Bound’ and also ‘G’day USA’. Can you tell us a bit about these experiences?
G’Day USA is a cultural immersion program where students in Years 9-12 have the chance to live in the USA for 3 weeks, part of which is with an American family. The sights and experiences are once in a lifetime, and I believe that all of the students who participated really enjoyed themselves. It is really interesting to see how the USA is different to Australia in so many ways, and I at least cannot wait for the opportunity to participate in the program again.

Outward Bound in my opinion is one of the best experiences that students can have while at school. It is a program for Years 9 and 10, where students travel up to Kyogle and spend a week with students from other Upper Hunter schools. While on the program, participants go hiking, canoeing, mountain bike riding and attempt other adventurous activities, such as abseiling. The Year 9 program is focused on self reliance and team work; while the Year 10 program is more-so focused on leadership.

Something that makes you happy?
Weekends, sleeping in and spending time with family and friends.

What is the best thing about SHS?
Much like my experience at school, there is a real community spirit at Singleton High School. I enjoy working with the staff and students. By default, I also have to say that the Year 9 student cohort are pretty amazing (at least most of the time).

Tip to win the 2015 NRL premiership?
I hear it from a pretty reliable source that the Rabbitohs might be a bit too strong to beat this year.

Anything you would like to add?
Approach life with a smile and always look for pathways that will give you a good story. Try your best at school and give yourself the opportunity to experience as much of life as possible. Remember that when you are old, you are not going to sit around with your friends and talk about all of the stuff that you never got around to doing. Get yourself some memories because as clichéd as it is, your school years are some of the best of your life.
INVITATION

SPECIALIST HOUSINGNESS YOUTH SUPPORT PROGRAM

FOR THE UPPER & LOWER HUNTER

INFORMATION SESSION

You are invited to join us for an INFORMATION SESSION

Ungooroo is holding an information session to be held on Wednesday 10th June 2015, 10am to 12pm. This is to promote the Specialist Homelessness Youth Support Program (SHS program) for the Upper and Lower Hunter inviting all teachers, service providers, Job Networks and community organisations.

What you will get out of this information session:

• Brokerage to facilitate and assist under 16’s to stay at home, and for over 16’s to maintain stable accommodation.
• Outreach, caseworker & support advocacy with external services such as Headspace
• Referral and access to bulk billing GP and Health Services and Dental Programs
• Early Intervention to stay at home or in safe & appropriate accommodation
• Plus other aspects of our SHS program which directly targets 12 - 25 year old youth

A free BBQ and lunch will be provided. Great networking opportunity for all service providers.

www.ungooroo.com.au
**Faculty Reports**

**Technology Faculty**

**Food Technology**
I have thoroughly enjoyed cooking with the Support Class. We have produced an array of foods and credit goes to all the students for displaying enthusiasm and a willingness to learn. I am looking forward to further cooking with the class for the rest of the year. Special thanks to Jayne for helping me out during these lessons, which at times can be very hectic.

**Technology Mandatory**

Students spent Term 1 sanding, painting and decorating fish for a sea mural which will be erected in Term 2. As you can see from the photos, students had a wonderful time painting and decorating, although they weren’t too keen on the sanding. Well done to all the students for producing amazing beautiful fish. Well done to John for doing a great job decorating his very own garbage truck.

---

**Language Faculty**

**Singleton – Takahata Exchange**
It is only FOUR MONTHS till we depart to Japan!! and we are becoming very excited as the departure date approaches quickly.

**Nagisa Night Out**
On the evening of Wednesday 6 May students had a dining experience at Nagisa restaurant in Honeysuckle, Newcastle. All students were enthusiastic and demonstrated perfect chopstick ability! The food was genuine Japanese cuisine and students had fun trying the different tastes that octopus and green tea ice cream brought to their tastebuds. A big thank you to Ms Barnett for her organisation of this outing and Mr Davis and Mrs Parish for driving. This dining experience provided the group with the opportunity to get to know one another a bit better before they depart for an adventure of a lifetime!

---

**Seeking Host Families for our Takahata friends**
Our Japanese sister school from Takahata will be visiting Singleton between Tuesday 28 July until Monday 3 August 2015 and we are seeking families to host our 13 guests in their homes. During this stay the Japanese students will attend school with your child on school days and also participate in a full day excursion with your child (yet to be advised). The Saturday will be free for you to choose how you wish to involve your visitor in your daily life. On the Sunday we invite all host families and their Japanese student to attend Hunter Valley Gardens for a relaxing BBQ/Picnic.

Please understand that we may not be able to accommodate all students wanting to take a visitor home. The first notes we receive will naturally be the first students we consider. If you are interested in hosting a Japanese student please fill in the form below and hand in to the Language Faculty by Friday 29 May 2015.

Thank you in anticipation in helping the Japanese visit to our community to be as successful this year as it has been in the past. If you require more information please contact Dayna Cowmeadow or Ren Barnett during school hours on 65711199.

---

**Dayna and Ren, Languages**

**Expression of Interest to Host Takahatta Visitors**

My child __________________________ of Year __________ is interested in hosting a Japanese exchange student from Tuesday 28 July until Monday 3 August 2015.

We understand this note is just an expression of interest and does not indicate a final decision of host families.
Faculty Reports

Hospitality Faculty

Catholic Debutant Ball 2015 Catering
As a result of the fine meal that the Hospitality students created and the quality of service they provided in 2014, Singleton High School Hospitality students were invited to provide the cater for the St Joseph’s Catholic Debutant Ball at the Singleton Civic Centre again in 2015.

Most schools would be hesitant to accept a catering job for 300 people. It is a sign of the strength of the Home Economics Faculty at Singleton High School that the students didn’t flinch at the opportunity and were eager to outdo the efforts of the previous year group.

Early preparation for such events start weeks in advance with senior students assisting with rosters and food orders. A core group then assisted on a roster basis for the entire week to ensure all the finer details are covered. On the evening in excess of 20 Hospitality students, under the supervision of past students, plated, served, set up dessert buffets, smiled, mingled and farewelled guests.

Feedback from the event organisers has been terrific, as has comments from guests. So much so that the date has already been locked into the diary for 2016. With so many students selecting Hospitality at Singleton High, events such as the Deb Ball, provide invaluable work experience opportunities as the students transition from school to work.

Our students are definitely work ready when they graduate from their Certificate II Hospitality course. In the past month Hospitality students have served over 1000 meals and in late May into June it doesn’t get much quieter with another three large events on the immediate horizon.

Well done Singleton High School Hospitality students

Brian Means, Home Economics

SINGLETON HIGH SCHOOL
School Photographs
Information Sheet 2015

1. Individual photographs will be taken on Tuesday, June 2, 2015, in the Multiple Purpose Centre.
2. Photographs will be taken as individuals for all years.
3. **ALL STUDENTS MUST WEAR CORRECT SCHOOL UNIFORM**
   T-shirts, excessive jewellery will need to be removed.
4. Year Advisers and assistants to be taken so they can appear in year photo.
5. Staff are asked to have individual photo taken at some time during the day. (Before school, recess, or lunch) – these will be used to compile the staff photograph, which should allow staff to continue with all normal duties for the day.

6. **TIMETABLE FOR PHOTOGRAPHS**
   a) All students are to attend Roll Call / Dear
   b) Before School: (8.30 am to 9.25 am) Year 12
   c) Period 1: (9.45 am to 10.40 am) Year 7
   d) Period 2: (10.40 am to 11.35 am) Year 10
   e) Recess (11.35 am to 12.05 am) (Staff as convenient)
   f) Period 3: (12.05 am to 1.00 pm) Year11 plus Special Unit classes
   g) Period 4: (1.00 pm to 1.55 pm) Year 9
   h) Lunch (1.55 pm to 2.25 pm) (Catch up, staff, families)
   i) Period 5 (2.25 pm to 3.20 pm) Year 8

7. **STAFF ORGANISATION ON THE DAY**
   • Class teacher to meet and organise class at the MPC steps at the beginning of the period allocated to that year group
   • Each class to be escorted by their teacher through the photography process
   • As soon as all the class has been photographed the class is to return to the room with their teacher who will mark the roll and record any discrepancies and continue with the lesson if time permits.

8. Photo re-shoot will occur on **Friday, 5 June 2015**, for students absent on 2 June.

**SPORTS AND OTHER GROUP PHOTOGRAPHS**

*These will be taken Thursday, 11 June 2015, in the Multi Purpose Centre.*

Any questions or problems please contact me - Bruce Withers.
Staff and P & C committee members were up bright and early on Saturday May 9 to help set up for the inaugural Auto Fest. From 7 am on we were ensuring that the day would be able to run smoothly.

The day was a HUGE success and this was made possible due to some amazing teamwork. In particular we would like to make special mention of the following people:

- **Parent volunteers Mark and Bianca Edwards** handled the car and bike side of things and also the raffle and prizes. Bianca stayed up late on Thursday night creating t-shirts for our students from the support classes to wear on the day and they certainly wore them with pride.
- **Cynthia Mulholland** from the P & C looked after stall holders and advertising plus was a huge driving force in ensuring everything ran smoothly on the day. We would like to thank the **stall holders** who supported the event especially those that also chose to donate some of their profits. School representatives **Ian Skilton and Graeme Lindsay** helped to ensure school grounds and equipment were ready. Their forward planning and organisational skills were a key element to the day’s success.
- **The Special Education Faculty** who worked together to ensure everyone that attended was able to buy some yummy BBQ food. Many people came back for seconds and our bacon and egg rolls were the hit of the day.
- **The CAPA Faculty** and in particular **Matthew Edwards** organised some great music to be played whilst the public perused some amazing cars and bikes.

Every person that registered their car for the day said that it was one of the best car shows they had ever been to and are really hoping that Singleton High School will run this event every year. They loved the space and the way in which it was organised. The trophies and prizes received for 1st and 2nd place cars/bikes were presented by Jo Gray and myself. Every prize winner had the biggest grin as they made their way up to receive their engraved glasses, hand shake and photo.

From a Support Class perspective we are extremely humbled and honoured to have so many people work together to support our students. Together we raised just over $6000 to go towards the purchasing and installation of Interactive Whiteboards in our support classrooms.

We would personally like to thank our amazing students, parents and the school’s canteen staff who worked hard to complete jobs before and during the event. As a Head Teacher I could not be prouder of my faculty, the hours they put in before, during and after the event were huge. We thank everyone for your support from the bottom of our hearts ❤️

Let’s do it all again next year!

Cheers,

Kristen Strachan – HT Special Education
Sports Report

Rugby League
Under 13s Knights Knockout
The Under 13s Singleton High School Rugby League Team played well throughout the day fighting back from a three try deficit against St Catherine’s to lose by a try in their first match. Their second game was another close encounter. After an early lead 6-4 against St Joseph Aberdeen the team went down 14-6. They saved their best performance for the last match of the day against Muswellbrook. They ran away convincing winners however the day was taken out by St Joseph who now move onto the quarter finals.

Under 15s Knights Knockout
Although there were only three teams in the 15s age group the competition was close. Singleton High were victorious in their first match 20-16 over Muswellbrook. Having drawn the short straw they then had to play the game immediately after. Fatigue was a factor in what was a very physical encounter. St Josephs ran out winners and move onto the quarterfinals to be held later in Term 2.

Buckley Shield - Under 14s Rugby League
On Wednesday 6th May the Singleton High School Under 14s Rugby League side travelled to Raymond Terrace take part in Buckley Shield knockout carnival. The side that beat Muswellbrook High and Scone High late in Term 1 started their carnival well with a one sided affair defeating Cessnock High 60-0. The side then met Rutherford High who had earlier beaten Maitland High. The Singleton boys again started well and on the back of some strong running ran out 34-6 winners.

The side now moves through to the Super 8s tournament on May 20, held again at Raymond Terrace. Here they will come up against the last eight schools in the region. The side will also be joined by the Singleton High Open Rugby League team who has already advanced through to the Super 8s stage of the University Shield.

Representative Honours
Greater Northern Rugby League
After being selected in the Hunter Under 15s Rugby League side, Hayden Bourke and Thomas Baker travelled to Coffs Harbour to play North Coast with the chance of being selected in the Greater Northern side. Hunter

Both boys played well with Hayden unlucky to miss selection, however Thomas Baker gained selection in the Greater Northern side. Thomas will go into camp with the team on Sunday 24th May and compete in the trial games on Monday, Tuesday and Wednesday with the opportunity to gain selection in the NSW school boy side.

Daniel Higgins and Liam McKechnie, Rugby League Coaches

WOULD YOU LIKE TO HOST AN OVERSEAS STUDENT?
Experience another culture, make new friends and improve your language studies at home

Hosting – An Experience for Life
Student Exchange is looking for host families across Australia to welcome overseas students into their home

www.studentexchange.org.au
1300 135 331 (cost of local call)
**NSW CHS Representative Honours**

On the weekend of the 2 and 3 May, Logan Ellis was selected to attend the CHS Touchfootball State Championships at Mudgee as part of the Under 15s Boys Hunter team.

Their team went through the carnival undefeated and won the grandfinal against Sydney North after a hard fought drop off battle which ended up 3 on 3.

Logan was from this selected to represent NSW Combined High Schools Boys Under 15s State Team to play at the NSW All Schools Carnival at Narabean from 24 to 26 July 2015. Here they will play against Catholic College and Independent schools state teams to be in the running to be selected for the Australian Schoolboys team.

**Bill Turner Cup Soccer**

**Under 15 Girls Football**

Singleton High School played St Phillips Nulkaba last Thursday 7 May.

With other grounds too wet for play, our school oval hosted its second game for the year and many students & staff took the opportunity to support this young team and enjoy the fantastic autumn day. With a late substitution of coach, Mr Somerville ably stepped up and assured the team that they were more than capable of playing well and had the experience to win. And win they did indeed.

The first half saw a five goal onslaught and St Josephs Cessnock who had no reply. Our goalkeeper Ella Blackaby was not troubled on the day and tight defense led by Kyah McBride and Emily Smith ensured nothing would get through. Creative midfield play by Sophie Fishpool & Zoe Gray & hardworking forwards Jasmin Young, Keelie Bell & Ashley Billot the Singleton players were way too strong and finished the game winning 8-0. Goalscorers were Keelie (4), Jasmin (2) Sophie (1) & Ashley (1).

Thanks to all the staff who assisted with supervision, the Year 10 boys and Mr Brassington who marked the lines prior to the game, our three Yyear 10 referees Bradley, Corey & Lachlan & all 16 girls who tried their hardest and played with great spirit and enthusiasm. Our next game is on May 28th at Norm Chapman Oval in Rutherford.

Mark Henderson, Coach

**Equestrian News**

Our team headed to Scone on Monday 4 May to compete in their annual Interschool Horse sports competition.

Even though things were a little wet, it was nothing like the wet in our part of the valley. The 6 riders who attended had an excellent day with all achieving good results as follows:

- Ethan Sargent (on his new horse), 4th and 5th place and the encouragement award in his group.
- Madison Sargent, 3 first places.
- Aiden Sargent, 4th and 5th place, Reserve Champion 13 years Boy High Point.
- Rachel Cramp, 1st and 5th place
- Candice Gardiner, 1st place, 2 x 2nd places, 3rd place and 4th place and Champion 15 years girls High Point Score.
- Renae Atfield, 2 x 4th places.

Well done to all students as each student had between 15 and 2 competitors in the age group.

A big thankyou again to the parents for their assistance and support.

Bruce Withers, Manager
Athletics Carnival 2015
The weather gods were shining on Monday 11 May for our annual Athletics Carnival. Although a little chilly at the start, it was a fantastic day and the competition was of high quality.

The results had not been finalised going to print and will be included in the next newsletter.

Thanks to everyone who attended and to all our students for their good sportsmanship on the day.
AN INVITATION TO CARERS

Do you provide care and support to another person?
You are invited to Carer Connections
Take the Opportunity to Connect with other Carers and
listen to our Guest Speaker!

Carers are usually family members or friends who provide support to
children or adults who have a disability, mental illness, chronic condition or
who are frail aged.

Guest Speaker: National Disability Insurance Agency

Topic: NDIS Community Conversation

The National Disability Insurance Scheme will begin its roll out in the Maitland
area commencing 1 July 2015. It supports people up to the age of 65 with a
permanent and significant disability.
Want to know more then this Session is for you!

Where: East Maitland Bowling Club, Bank Street, East Maitland
TIME: 10.00am – 12.00pm
COST: Free - includes Morning Tea
WHEN: Monday 25 May 2015
RSVP: Wednesday 20 May 2015

Singleton High School
Contact: Margaret Richardson  Phone: 02 6571 1199  Email: margaret.richardson2@det.nsw.edu.au
To order your Book or your Digital Membership securely online please click below to order:
Alternatively, please complete your details below:
Name:_____________________________________ Phone:____________________ Email:________________________________
Address:________________________________________________________________________State:______Postcode:_______
Newcastle, Central Coast and The Hunter Edition $60 including GST: # ____ Book(s) # ____ Digital Membership(s)   $_______
Payment type:    ___Cash___Mastercard___Visa
Credit Card number: __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ __ ___...
Whooping Cough
(Pertussis)

Last updated: 30 March 2015

What is whooping cough?

Whooping cough can be a life-threatening infection in babies. Whooping cough in babies can lead to apnoea (pauses in normal breathing), pneumonia, feeding problems and weight loss, seizures, brain damage and, in some cases, death. Older children and adults can get whooping cough too and pass it on to babies.

What are the symptoms?

- Whooping cough usually begins like a cold with a blocked or runny nose, tiredness, mild fever and a cough.
- The cough gets worse and severe bouts of uncontrollable coughing can develop. Coughing bouts can be followed by vomiting, choking or taking a big gasping breath which causes a “whooping” sound. The cough can last for many weeks and can be worse at night.
- Some newborns may not cough at all but they can stop breathing and turn blue. Some babies have difficulties feeding and can choke or gag.
- Older children and adults may just have a cough that lasts for many weeks. They may not have the whoop.

How is it spread?

- Whooping cough is spread when an infectious person coughs bacteria into the air which can be inhaled by people nearby. If they are not treated early, people with whooping cough are infectious in the first three weeks of their illness.
- Whooping cough spreads easily through families, childcare centres and at school.

Who is at risk?

- Anyone can get whooping cough. People living in the same household as someone with whooping cough are especially at risk.
- Immunisation reduces the risk of infection but immunity fades over time. You can still get whooping cough even if you’ve been immunised.

How is it prevented?

Whooping cough vaccines provide good protection from infection but immunity fades which means that boosters are needed.

Immunisation for babies

- Babies need to be immunised at 2 months, 4 months and 6 months. The first dose can be given as early as 6 weeks of age.
- Getting your baby vaccinated on time gives them some protection when they are most at risk of severe illness.
- If your baby’s vaccines are overdue, see your GP now to catch up.

Immunisation for older children

- A whooping cough booster is needed at 4 years of age.
- Check if your child has been vaccinated. Look at their Blue Book, speak to your GP or ring the Australian Childhood Immunisation Register on 1800 653 809.
- A second whooping cough booster is given in high school through the NSW School-based Vaccination Program.

Immunisation for adults

A booster for adults is recommended for:

- Women who are in the third trimester of pregnancy, preferably at 28 weeks. Free vaccine is provided in NSW through GPs and hospital antenatal clinics.
- Other adult household members, grandparents and carers of infants under 12 months of age.
- Adults working with young children, especially health care and child care workers.

If you are a close contact of someone with whooping cough:

- If you have been exposed to someone with whooping cough early in their illness while they are infectious, watch out for symptoms and see your doctor if you get a new cough.
- Some babies and some pregnant women need antibiotics to prevent whooping cough infection if they have had significant contact with an infectious person.

How is it diagnosed?

Your doctor may ask about your symptoms and whether there you’ve had any contact with whooping cough. If your doctor thinks you have whooping cough, a swab from the back of the nose or throat can confirm the diagnosis.

How is it treated?

- Some babies may need treatment in hospital or in intensive care.
- Antibiotics are used to treat whooping cough in the early stages and can help prevent spreading whooping cough to others. People who are not treated early with the right antibiotics can spread the infection in the first 3 weeks of their illness. After 5 days of antibiotics, you are normally no longer infectious.
- The cough often continues for many weeks, despite antibiotics.

What is the public health response?

Doctors and laboratories must confidentially notify cases of pertussis to the local Public Health Unit. Public Health Unit staff can advise on the best way to stop further spread.

Infectious children are restricted from going to pre-school and school. Unimmunised contacts may be excluded from child care unless they take the special antibiotics.

Identify - Protect – Prevent


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
Careers News

Career Stop Press
Singleton Professions Forum
The Year 12 school leaders have been working with St Catherine’s Catholic College and Coal and Allied to coordinate the Singleton Professions Forum which will be held at the Singleton Christian College on Friday 15th May from 9.30am – 2.30pm. Twenty industries and organisations will be holding information sessions for Year 11 and Year 12 students. All students are encouraged to attend this valuable career information event.

Year 10 Work Experience
Year 10 students will be undertaking work experience from Monday 15th to Friday 19th June. Contacting an employee and arranging work experience demonstrates initiative, builds self-confidence and is a great way for young people to get an idea of the world of work. All students have received paperwork including insurance documentation which must be returned to Mrs Phillips in the Careers office before work experience can proceed.

Year 10 Roundtable Personal Presentation
All Year 10 students will undertake the Roundtable Personal Presentation. Students will be given an interview time on one of the following dates: Monday 22nd, Tuesday 23rd or Wednesday 24th June.

The “Roundtable” is a public demonstration of student learning. It is the place where students are able to clearly describe to an audience the understanding and knowledge they have obtained both at school, work experience, non-school based activities, and their readiness for employment or further study. It is a compulsory component of the assessment schedule for Year 10 students.

The Roundtable interview panels will comprise three members: a community member, a teacher, and a Year 9 student, and training will be given prior to the interviews. The panel will award a grade on the student’s presentation at the interview. Students are allocated 30 minutes each for the presentation and feedback from the panel. A certificate of competency will be issued with their yearly school report.

We are seeking interested community members to volunteer on the interview panels to assist us to provide this valuable experience to our students. If you, family members or friends would like to participate in the Roundtable, please contact Mrs Phillips in the Careers Office on 65711199.

Hunter Valley Career Expo
Year 10 are invited to attend the Hunter Valley Career Expo on Friday 22nd May at the Maitland Basketball Stadium.

Students will talk to people who are working in many different types of jobs. There will be representatives from employer and professional associations, TAFE, universities, other training providers and employment agencies. The purpose of the excursion is for students to gather career information and resources which will assist them in their subject selection for 2016 and develop an understanding of career pathway options. The cost of the excursion is $10.00. Please return permission notes to Mrs Phillips.

Annie Phillips, HT VET

Go Green Team Handy Hints

Fridges and Freezers
• Site your fridge and freezer in a cool (but not very cold) position – not next to the cooker!
• Don’t leave the door open and make sure the seals are tight.
• Keep your fridge temperature setting between 3°C and 5°C; settings lower than this are wasting energy.
• Don’t overstock your fridge! Make sure it is no more than three quarters full, that way cool air circulates more easily.
• Clean the condenser coils at the back of the fridge – if dust builds up it can waste up to 30% more energy.

Cracker Night
Friday, 22nd May
5.00pm till 8.00pm
King Street Public School

Bring your whole family for an evening of fun! Enjoy a great food, entertainment AND fireworks!

Admission: $5
Families $15

Proudly sponsored by Singleton Diggers
For immediate release

AFS Student Exchange has Scholarships!

Over 35 full and partial scholarships for Australian High School Students to live and study overseas

SYDNEY, NSW, May 7, 2015 – Year 9, 10 and 11 students now have an opportunity to have their high school student exchange paid for with an AFS scholarship.

AFS is keen to let young people interested in doing student exchanges know they have a variety of scholarships students can apply for that will help them make their dreams of travelling overseas come true.

AFS has over 35 scholarships available for students. “Scholarships are a fantastic boost for students, being able to have your exchange paid or partially paid for is fantastic,” says Catharine McBride, AFS Australia Partner Director.

“On top of that we also have corporate scholarships for students who have parents working at Linfox, Visy and Mitsui Coal. We’re extremely grateful to these businesses for supporting AFS and we know the scholarship recipients have amazing experiences.”

2015 Linfox scholarship recipient, Grace Didlick, currently completing her exchange in Germany, says her scholarship has, “given me a chance to grow, to learn, to evolve, to expand my horizons and most importantly, changed my life!”

AFS believes that supporting students through scholarships is important, as many students need the extra financial assistance.

“Many students raise all of the money themselves, it’s quite amazing. They can do it. We have young people who fundraise, work and save really well. Some have parents who can help support them, but this is not always the case,” says Catharine, “but to be able to offer some assistance is also fantastic for students.”

Scholarships range from partial support, to full scholarships and interested students can contact Jason at AFS 1300 131 736 or email aus.scholarships@afs.org to find out more information about how to apply.

The AFS website also has an extensive list of other scholarships students can apply for outside of AFS.

About AFS

AFS Intercultural Programs is one of the world’s largest not-for-profit community-based volunteer organisations dedicated to building a more just and peaceful world through intercultural exchange. AFS Australia has sent over 15,000 Australian teenagers overseas and hosted more than 25,000 exchange students and community service volunteers since 1959.

***

Media Contact:

Jason Heath, Marketing & Communications Coordinator - AFS Australia

Phone: 02 9215-0002 Enquiries: 1300 131 736 Mobile: 0413 893 857

jason.heath@afs.org

Grace Didlick was the lucky recipient of the 2015 AFS Linfox Full Scholarship and is currently spending 11 months in Germany.

It’s been 2 months now since my plane touched the ground on a little country 17,000 km away from the place I’ve always called home.

I don’t remember my very first impressions of Germany, my mind was caught somewhere between extreme exhaustion and attempting to keep my limbs from freezing solid and falling off. However, I remember very clearly how I felt the next day, waking up way too early to catch the train to our host families. I started noticing differences between Germany and Australia as soon as I boarded the train - much to my amazement trains here have small 6 person compartments with seats facing each other on the sides, just like on the Hogwarts Express from Harry Potter! For me it was a sign from above signalling that I had landed exactly where I belong.

I spent the whole train ride telling all the other exchange students how great my host family were, how I’d messaged my younger host sister nearly every day on Facebook and how we were already at the “ugly snapchats” level of friendship. It was a host-family match made in heaven and I was literally jumping with excitement to meet them finally.

I hopped of the train with another 3 students, all of us almost exploding from anticipation mixed with the toffees we’d so elegantly devoured during the trip. One by one my travel-buddies left with their new families laughing and smiling, leaving one very confused and cold Me standing with a not so great at English, AFS Helper. 15 minutes passed and still my family were nowhere to be seen. After a phone call and some more waiting in the cold, they appeared, puffed and looking frustrated. Much less like the cliché run and hug scene I had envisioned, and more like an apologetic “sorry we went to the wrong platform” blooper in a movie, I met 3 of my 6 family members- My Host Parents and my eldest sister.

My family surprised me numerous ways, despite my brilliantly successful social media searches and everything I had already discussed with them. To start with, if you exclude my host mum- They’re all incredibly tall, my host father especially and my siblings all have a broader English vocabulary than I, a natural English speaker, have. They all stunned me with their house too, a beautifully designed two story house with a wooden spiral
Hello Parents / Carers and Students
The Learning Assistance Centre at SHS has been in full flight since the beginning of the term despite the wet start. We hope that you are all recovering well from the ‘Super Storm’!

SEEKING ASSISTANCE
A number of students have been actively seeking assistance with assessments and class tasks as they prepare for the up and coming Half-Yearly Examinations. Year 7 and Year 9 have been actively developing skills in their classes as they prepare for NAPLAN this week. Many senior students access the Library in their ‘free’ periods and also seek some help with organisation and time-management as well as proof reading assessments and practice responses for various subjects they have undertaken. A number of staff dedicate their recess and lunch breaks to be on-hand to help any student. Thank you to Ms Barnett, Miss Gardiner, Mrs McNamara, Mrs Strachan, Mr Davis, Mrs Schmitt, Mr Means, Miss Douse and Ms Studdart. The students are certainly making the most of this extra assistance. It is very important that students understand that ALL staff are here to assist them with their learning needs right across the school.

QUICKSMART NUMERACY PROGRAM
Last year we implemented a pilot of the Quick Smart Numeracy Program. The program focuses on increasing skills and accuracy in fundamental mathematical functions. The twelve students who went through the program developed an increased level of skill and confidence in their own abilities as a result. This is an invaluable program and we are very excited to announce that we will be offering the opportunity to a number of Year 7 students who require this additional support after the examination period. Parents and Carers will be notified shortly about this program and we will be seeking permission for your child to participate in this. Many of you may be aware of the program as some of our local Primary Schools teach the K-6 version. Please do not hesitate to contact us if you have any enquiries about the program.

DISABILITY PROVISIONS
Part of our work here in the Learning Assistance Centre is to ensure that students are supported in class and in times of assessment. Students may experience learning, sensory, physical and/or medical conditions for which they require this support to achieve their learning goals. During examination periods we have a number of students who need a reader and/or writer to assist them in completing exams and we always call on our student body to assist us. We have been seeking students willing to help and we would like to thank them very much. It is wonderful to see students helping their fellow students in all ways at SHS.

OUR FACULTY
This term the Learning Support Faculty has expanded a little. We would like to welcome Ms Colene Roberts who is working three days in the cycle to support teachers and students as a LaST. Please remember, any time you wish to seek advice and assistance about how we can help your child with their learning needs, do not hesitate to contact us.

• Mrs Linda Wilkes - Head Teacher Teaching & Learning/ LaST & English Teacher
• Ms Melissa Huntington – LaST & Outreach Program Coordinator
• Mr Craig McLean – LaST & Transition-Back-to-School Program Coordinator
• Mrs Nicole Apps – LaST
• Ms Colene Roberts – LaST
Another important part of the picture of learning support are our staff who assist our teaching staff across the school with supporting your child. They are:
- Student Learning Support Officers (SLSOs)
  - Mrs Jenny Brooks
  - Mr Trevor Cochrane
  - Mrs Jodi Hay
  - Mr Tony Holloway
  - Mrs Di Jarrett
  - Mrs Tracey Jones
  - Mrs Lesley Kemp
  - Mrs Leticia MacFarlane
  - Mrs Jenny Means
  - Mrs Pauline Vesper

Linda Wilkes, HT Learning
Real time access to a wealth of information on your child

Singleton High School is proud to have the opportunity to offer the parents of student’s free access to information on their children via an individualized portal to the schools online record keeping system.

The portal to our Millennium system will give you daily updates on each of your children through one access point. Information can be accessed real time. As information is entered at the school level it is available to you through the parent portal.

- **Classes** (subjects / courses studied at Singleton High)
- **Timetable** (Day to day information relating to subject, period, teacher and room)
- **Mark book** (Every assessment task result and relative position within the course for that task)
- **Reports** (Access to Semester 1 and Semester 2 reports as they are entered by teachers)
- **Attendance** (Daily information relating to whole day absence, justified reasons for absence and identified occurrence of truancy)
- **Parent Teacher Booking** (Book parent teacher interviews online to guarantee your appointment)
- **Register** (Information that lets you know if your child has had a behavior incident, student recognition, student intervention, administrative action, etc recorded and the date on which it was actioned)

**Return Slip:**

To receive your e-mail containing your login details to access portal information relating to your children simply complete the return slip below. Parents may be contacted to verify e-mail addresses.

The names of my children enrolled at Singleton High School are:

1: ________________________________
2: ________________________________
3: ________________________________

A contact telephone number to verify these details is: __________________________________________

My e-mail address is listed accurately below:

---

A Community Service Tour for Child Studies, Textiles & Hospitality Students, September/October School Holidays 2016

Dear Parent/Student,

Singleton High School is proposing a 10 day community service tour for September/October School holidays 2016, visiting Thailand. 2016 Child Studies, EEC and Hospitality students in Years 8 to 11 are given an opportunity for a once in a lifetime experience engaging in the Thailand community and culture.

We are intending to run this tour with Antipodeans Abroad, an Australian-based company specialising in school group tours. Working closely with staff at the school, they will develop and manage a program specifically designed for our students.

A Parent information night will be held on **Tuesday 19th May, 5:00 pm in the Staff Common Room at Singleton High School** with the Antipodeans abroad company, Mrs Tracey Holloway and Miss Jaye Sunerton.  This is a great opportunity to become informed of the details of this experience. .

Depending on the number of students and taking into account the time of year and distance away the costing will be approximately $3600- $4200, subject to change. This includes all food, flights, accommodation, insurance, activities etc.

If you genuinely believe you are prepared to support such a financial commitment towards your child’s education and would therefore be interested in finding out more please come along to the parent information night or call Mrs Holloway or Miss Sunerton. Please note that the proposed tour is open only to Singleton High School students completing Child Studies, EEC or Hospitality.

Tracey Holloway, Head teacher of Home Economics will be attending this trip and is very excited about the educational benefits a community service tour can offer.

Kind regards

Tracey Holloway & Jaye Sunerton
**Uniform Price List**

| 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 (girls) - Nvy hipster | $40.00  
| Pants 3/4 (girls) | $38.00  
| Shorts - Grey longer leg | $5.00  
| Shorts - Grey short leg | $27.00  
| PE / Sport polo Shirt | $27.00  
| PE / Sports shorts | $22.00  
| Woollen Jumper 12-14 | $63.00  
| Woollen Jumper 16-22 | $70.00  
| Woollen Jumper 24-28 | $76.00  
| Tracksuit pants | $30.00  
| Tracksuit Jacket | $50.00  

**Specials**

We have the longer older style shorts for boys still available and all must go for $5.00 a pair.

Second hand clothing is available and all items are $5.00 each.

Donations of second hand uniforms would be greatly appreciated. All money raised is donated back to the school. Unfortunately we do not sell preloved 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 have changed

Monday 8.30am till 11.00am and 3.30pm till 5.00 pm

Online orders can be placed and paid for via the Singleton High School website and collected from the front office Tuesday to Friday.

---

**Menu**

| Hot Food |  
| Nuggets (5) | $2.00  
| Sausage Roll | $3.50  
| Meat Pie | $4.00  
| Cheese and Bacon Pie | $4.50  
| Chicken Burger | $4.50  
| Beef Burger | $4.50  
| Sweet Chilli Wrap | $5.00  
| Pizza Roundas | $2.50  
| Noodles | $2.50  
| Sauce | $0.30  

**Orders only**

Healthy Meal Deal | $4.50  
Sandwich, juice and fruit |  
Soup | $2.50  
Mac N Cheese | $4.00  

---

**Daily Specials**

Monday

Egg and Bacon Roll | $4.50  
Tuesday

Toasties | $2.00  
Cookies | $2.50  
Wednesday

Hot Dogs | $3.50  
Thursday

Mini Pizzas | $2.00  
Friday

Chicken and Gravy Roll | $5.00  

**Drinks**

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

**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 | $1.00  
Assorted Ice blocks from 50 cents |  

---

**Garlic Bread**

Sweet Chilli Subs | $1.00  
Salt and Vinegar Tenders | each  
(Not every day)