Term 2 . Week 10

BANDA-RA DANCES SHINE • AFL GALA DAY • SPORT AND REC CAMP SMILES • PLAYGROUP FUN
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 on line and collect from the school office any time within office hours

Events

29 JUNE TO 13 JULY
SCHOOL HOLIDAYS

14 JULY
PUPIL FREE DAY

14 JULY
KNIGHTS KNOCKOUT FINAL
LORIN MOTIVATIONAL SPEAKER

15 JULY
PARENT INTERVIEWS YEARS 7 - 10

16 JULY
OPEN RUGBY LEAGUE SCHOOL V KARABAR HIGH

17 JULY
YEAR 9 AND 10 HISTORY PRESENTATION
COAL AND ALLIED ART SHOW CATERING

20 JULY
P & C MEETING

22 JULY
REGIONAL ATHLETICS
SINGLETON ART FESTIVAL

23 JULY
AUSTRALIAN NATIONAL CHEMISTRY QUIZ
REGIONAL ATHLETICS
ALL DAY REHEARSAL FOR MUSICAL

27 TO 31 JULY
EDUCATION WEEK
TRIAL HSC

School Information

Jo Gray
Principal

Ian Skilton
Deputy Principal Yr 7, 11

Rochelle Dooley
Deputy Principal Yr 8, 12

Tracey Holloway
Deputy Principal Yr 9, 10 (rel)

Kathleen Ballard
Wellbeing HT

Nicole French
Assistant Wellbeing Advisor

Dayna Cowmeadow
HT Staff Administration (rel)

Graeme Lindsay
Administration HT (rel)

Margaret Richardson
Admin Manager

David Welsh
HT English

Leanne Mullen
HT Science (rel)

Kathleen Prudence
HT Maths

Brian Means
HT Home Economics (rel)

Tracey Holloway
HT Languages

Jason Kolatchew
HT Aboriginal Education

Clemma Bendeich
HT Industrial Arts

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
Leanne Mullen & Margaret Bagnall

Year 8
Nathan Jones & Jaye Sunerton

Year 9
Andrew Sommerville & Daniel Mead

Year 10
Daniel Higgins & Megan Smith

Year 11
Bob Collins & Maddy Valentine

Year 12

P&C Association meets the 3rd Monday of the month in common room at 7.30pm
Next meeting 20 July 2015

School Office Hours
8.30am - 4.00pm

Principal News
Deputy Report
Wellbeing News
Year Reports 7, 8 and 12 NAIDOC
Playgroup Report
Logan Ellis: Student Spotlight
Meet a Teacher
Faculty Happenings
Outdoor Rec Camp
Drum Beat
Sports Reports
SRC News
AFL Gala Day
Work Experience Gallery
Careers News
Uniform Shop Roster
Canteen Menu
Principals Report

Every day throughout this term I’ve been reminded what a truly comprehensive school we have. The range of academic, sporting and cultural opportunities for students really testifies to the readiness of students to engage with school initiatives and to the dedication and professionalism of a staff who really care. You will read about some of the more recent activities in this newsletter but mention must be made of three outstanding events that happened in the last week of term.

NAIDOC

NAIDOC celebration was an event that should make us all feel very proud. While in its early form NAIDOC Day was a time of mourning, these days it has transformed into a week of celebration of indigenous culture in which non-Aboriginal Australians can feel very included and welcome guests, learning, sharing and celebrating with today’s inheritors of the world’s oldest continuous culture.

On Wednesday, our ceremony saw Uncle Les Elvin explain the symbolism of his beautiful new artworks that now hang in our MPC. We invite people to visit and see them. Our Banda-ra dance group were outstanding, as was the wonderful NAIDOC feast prepared by our hospitality students.

Thank you to all staff and students for their input into this ceremony, and to Sharon Bailey from the Ka-Wul centre for her organisation.

It is important to understand that the educational impact that occurs when Aboriginal students connect with culture in a school setting is profound. Singleton High is closing the academic performance gap between Aboriginal and non-Aboriginal students considerably faster than anywhere else in the State, as measured by NAPLAN literacy and numeracy results.

ROUND TABLE

This was held over three days in the library. Year 10 students were interviewed by a member of staff, a community member and a Year 9 student. The Year 10’s gained valuable interview experience and our visiting community members, including John Martin, Mayor of Singleton, were impressed with the level of preparation and seriousness shown by the students. Many thanks to our Year 9 panel members and to Annie Phillips and Brian Means for the many hours of work put into planning. Annie and Brian also organised our Year 10 work experience program, which saw some great success stories including offers of work to some of our students.

WELL DONE ASSEMBLIES

I would like to thank our Year Advisors for their work in preparing the ‘Well Done’ Assemblies this week that recognise excellence. Many students received recognition for effort and results and they are to be congratulated for their achievements.

REPORTS

By now you will have your child’s/children’s school report. It is an important way, but by no means the only way, that we need to communicate student progress. I urge you, not only to read and discuss the report with your son or daughter, but not to hesitate to contact the school whenever you have a concern or wish to clarify an aspect of his or her schooling.

The reports are rightly called ‘progress reports’ because the aim is always to assist students to improve. Educational research tells us over and over again, what works best in helping students do better. The single most important factor is having high expectations: we will get what we expect to get, and if we have realistically high expectations, we will get high results.

Setting high expectations is one of our explicit focuses at Singleton High and that focus will be much more powerful if reinforced from home. Expecting that assessment tasks will be done on time, that earnest preparation is done for exams, and that punctuality and attendance are non-negotiable are some of the ways that you can help raise expectations. We as a school staff are setting high expectations for our own performance and are committing to our ongoing professional learning to enhance teaching and the learning experiences of your children.

I would like to take this opportunity to wish all students and families a safe and happy holiday break, and I look forward to working with you again in Term 3.

Jo Gray, Principal
As from week 6 this term I have had the opportunity to be in the relieving role of Deputy Principal in the absence of Mr Glenn Yates, who is on leave for the rest of the year. I am so very proud to be given this role as Relieving Deputy Principal for Years 9 and 10. Singleton High School is such a great school and I am honoured to be in this position and taking responsibility for the dynamic group of students we have in these years. My role remains the same as Mr Yates in supporting our students to achieve the best outcomes they can while following our school rules and expectations.

Head Teacher Home Economics is now being filled by Mr Toby Karakash Monday to Thursdays and Mr Brian Means on Fridays. I know these amazing men will ensure the faculty operates at the highest level and look forward to the journey ahead of change and new endeavours for the Home Economics /Language Faculty. At this stage I am still managing the Aboriginal Faculty with support from Mr Jason Kolatchew and Mrs Deidre Heitmeyer.

A reflection on Term 2 brings many events to mind, some very rewarding, others very sad. It has been an honour to be in such a great school community that has supported so many of its own who have been involved in tragedy within the Singleton District. The school supported each other and the community with compassion, love and caring and represented themselves and their families with pride and dignity. We think often of the students we have lost and send strength and support to their families in these times of mourning.

The term comes to an end after many events that have showcased our students: as sporting stars, volunteers raising money for the SES community, cooking up a storm at graduations, deb ball’s and the NAIDOC feast, promoting Singleton High School through the HSC Seminar days, amazing assessment tasks, horse sports, music and drama performances to our Banda-ra dancers cultural dances and the excellent work experience program. This week culminates with Year 10 Round Table interviews, Well Done Assemblies and NAIDOC Assembly and feast.

8 Aboriginal Ways
Over the next term staff within the Singleton District schools will commence the 8 Aboriginal Ways of Learning Program with selected teachers training to be trainers for their schools for this valuable program. This is part of a grant for aboriginal education within the region. Singleton High School was fortunate to be the lead school in organising and receiving the grant for the districts public primary and high school teachers. The program is a teaching framework that allows teachers to include Aboriginal perspectives by using Aboriginal learning techniques. This enables teaching through Aboriginal processes and protocols, not just Aboriginal content and may enhance the learning for all students. The common ground between mainstream and Aboriginal pedagogies:

- Learning through narrative,
- Planning and visualising explicit processes,
- Working non-verbally with self-reflective, hands-on methods,
- Learning, through images, symbols and metaphors.
- Learning through place-responsive, environmental practice,
- Using indirect, innovative and interdisciplinary approaches,
- Modeling and scaffolding by working from wholes to parts, and
- Connecting learning to local values, needs and knowledge.

A special thank you to everyone for Term 2, for all the hard work and extra duties staff have completed and for the magnificent teaching that goes on everyday. To all of our parents for your continued support and to our students who work hard and make Singleton High School a great place to be.

Thank you.

Have a well deserved and safe holiday.

Tracey Holloway, Deputy Years 9 and 10
The Wellbeing team would like to wish everyone a relaxing and enjoyable break. We have had a very busy Term 2 ending on a high note with the Well Done Assemblies.

Term 3 will see many Wellbeing initiatives such as the girls ‘program ‘Be Ur Best’ and for Year 9, ‘Pit Stop’ a physical and mental health program facilitated by our community nurses and experts in a variety of fields. These programs are always successful and informative. If any parent or carer would like to discuss wellbeing programs at the school or would like to see these programs in action then please contact myself or Ms French on 65 71 1199.

Earlier in June, I had the privilege of attending a conference in Sydney and listened to a presentation by Dr Michael Carr Gregg. Some interesting information regarding the importance of sleep was delivered. Please see my notes below from this conference.

Dr Michael Carr-Gregg works as the Managing Director of The Young and Well Cooperative Research Centre, established by the Australian Government Initiative administered by the Department of Innovation, Industry, Science and Research. He is a nationally registered child and adolescent psychologist working in private practice in Melbourne. He is passionate about delivering evidence based psychology workshops and seminars that make a difference to the health and wellbeing of young people.

Dr Michael Carr-Gregg

“There is no doubt that teenagers are the most sleep-deprived segment of the population. This is a very under-recognised problem and the cost to society in the healthy development of young people is profound.”

Insufficient sleep means teens not only perform worse in the short-term, but there are long-term implications. “REM, or stage five sleep, is the time when the brain consolidates the information that’s been taken in during the day, and if kids don’t get enough of that REM sleep, they are simply not going to be able to process the information and consolidate it,” Dr Carr-Gregg says. “So it actually impairs their learning as well. My view is that sleep is the single most important study tool going around.”

The problem is compounded by the fact many kids skip breakfast as they rush out the door to school. There are also established links between sleep deprivation and memory formation, depression and anxiety, immune system health, obesity, car accidents, ADHD and drug, alcohol and tobacco use.

Sleep

Sleep is the greatest challenge for the adolescent. Good sleep is essential for health, however more than 68% of adolescents don’t get enough of it. When we are sleep deprived the chemical cortisol increases in our body and this leads to an increase in impulsive behaviour, a decrease in concentration, empathy, sense of humour and, if severe, long-term health risks such as diabetes.

Seven recommendations for improved sleep:

- Dim lights 3/4 hour before bed. The brain detects a decrease in the ambient light level which leads to secretion of melatonin, and this induces drowsiness.
- Put that iPhone away! Gadgets are mentally stimulating, and preliminary studies show that lights from mobile phones, TVs and computers may inhibit the production of melatonin.
- Regular bedtime and get-up
- Avoid stimulants in the afternoon and evening.
- Turn the digital clock away or don’t use one. The glow from a digital clock can disrupt sleep.
- Quiet, cool, dark bedroom.
- Warm drinks such as Chamomile tea, peppermint tea or milk heated for 1 min 36 secs (which stimulates the secretion of melatonin). Also the product “Chillax”, which contains cherries, taken 30ml twice daily.
- Minimise anxiety. Techniques for relaxation, mindfulness and listening are helpful. As well there are apps such as “Smiling Mind”.

The Greatest Challenges of Parenting

BY DR MICHAEL CARR-GREGG

This article was compiled from notes taken at a talk given by Dr Michael Carr-Gregg at The Positive Schools Conference 2015.

Dr Michael Carr-Gregg works as a nationally registered child and adolescent psychologist working in private practice in Melbourne. He is passionate about delivering evidence based psychology workshops and seminars that make a difference to the health and wellbeing of young people.

Dr Michael Carr-Gregg

“Sleep is the single most important study tool going around.”

Wellbeing News

Australia, Playgroup Victoria. Michael is a member of the Australian Psychological Society Committee (Melbourne Branch), a member of the APS committee for the special interest group in ePsychology, a columnist for a number of publications including Girlfriend magazine and is the resident parenting expert on Ch 7’s Sunrise (see videos) as well as psychologist for the top rating Morning Show with Neil Mitchell on Fairfax Radio 3AW.
Write, Rehearse, Shoot and ...

Make A Movie

weekend workshop
29-30 August 2015

Brainstorm, write, plan and shoot a short film on an everyday device (iPod, tablet). Along the way, learn all about cameras, light, story-telling, performance, storyboards, composition, and working as a team.

This workshop is aimed at youth, age 12 plus. You need to bring: enthusiasm, bright ideas, a water bottle and your own device/charger (full equipment list is provided in the registration pack). You will take away: new skills and an understanding of how to create & produce short films. It all climaxes in a red-carpet screening of the films in October!

Location: Jerrys Plains Public School & surrounds – chosen for great visual and story possibilities. There will be a bus to & from Singleton Youth Venue.

Times: 9.30am-4.30pm, Saturday 29 & Sunday 30 August.

Cost: A small donation will be appreciated.

Get an information & registration pack: Contact Sam on 6571 4687 or shiggins@singleton.nsw.gov.au. Brought to you by Singleton Youth Venue and the Country Arts Support Program.

Our workshop facilitators: Michael Winchester and John O’Brien are well known in the Hunter and beyond for their clever filmmaking and ability to produce spectacular results on a tiny budget. They have worked with young people and delivered successful workshops in scriptwriting, acting, theatre & filmmaking.

“Inspire” is an inspirational music workshop for talented young people dreaming of a career in the music industry.

The workshop will feature a few known musicians who will educate young people about breaking out into the music industry after their school years, share their journey as a musician and talk about how music has inspired and motivated their life.

The music will involve discussion, live music, and breaking into groups with (pre registered) students and musicians to work on an item/ song/ small performance of the musicians choice to perform towards the end. Its all about having fun and a chance to perform with someone with experience in the music industry.

For students to register their interest for this event, email Mel at inspireyouth1@yahoo.com before 19th June. Spectators welcome.

For more information phone or text 0409 745 776
As we come to the end of our second term the vast majority of Year 7 is to be congratulated on their conduct throughout the first half of the year. Students have settled into new patterns of learning and forged new friendship with others from different primary schools and from their own.

Reports
On Friday, Year 7 will be receiving their half-yearly reports at our year’s Well Done Assembly. It is an occasion to celebrate the progress and successes we’ve made as a year group. It is also an occasion for reflection. Ms Koletsis-Tatt and I encourage all students to look back on their progress and achievements of the last six months and to identify at least three they can remember with pride. Use them as your example heading into the second half of the year to help contribute to an increasingly positive school environment.

Mr T. Chapman & Ms Koletsis-Tatt

Wow!!! Term 3 seems to have flown by with holidays only a couple of sleeps away.
The past few weeks have been a frantic rush for teachers to get all exams and assessments marked in order for reports to be written and formalised. By the time this article reaches the newsletter all reports will have been given to students at the Well Done Assembly on Wednesday. Congratulations to all those students who have applied themselves over the semester and received a Well Done Certificate. Well done!

Under 14s League congratulations
A HUGE congratulations must go to the boys Under 14 rugby league team who won the semi-final of the Buckley Shield Cup. Many of the boys in the team were our very own Year 8 students and I was extremely proud to watch them play with such maturity, teamwork and commitment. Awesome work boys!!

ANZAC Day Awards
Another HUGE congratulations goes to Luke Judge and Amy Szlicht who both won awards in the RSC Essay Competition. Both students wrote wonderful, articulate essays outlining why the centenary of ANZAC is important for modern Australia. Luke won first place with Amy coming in second. A fantastic effort by both students!

We hope that everyone has a safe and relaxing holiday, ready to come back revitalized.

Yours in education,
Mrs Bagnall and Mrs Mullen
Get ready Year 12

Year 12 are about to commence their school holiday knowing they have only one term to go before they finish their schooling for good. Many are busy completing assessment tasks in the last week and preparing for the HSC. We would like to thank the teachers who are giving them time during the school holidays to assist Year 12 in their preparation for the HSC.

James at Work

Year 12 student James Platen was hard at work when we caught up with him. James has been involved in a work experience program which sees him spend Tuesdays of each week working at Bunnings. He was in the garden section this week, helping to organise the plants for sale.

Mrs Means spends the day working with him and it was great to see James enjoying this opportunity to help him gain skills and knowledge in the workplace. James is a wonderful young man and Year 12 are extremely proud of what he has achieved since 2010 when he started at Singleton High.

Bob Collins, Year 12

Keep up your A-Game

Junior Futsal and Basketball start 13th July!
Register your team now!

<table>
<thead>
<tr>
<th>SPORT</th>
<th>DAY</th>
<th>TIME</th>
<th>COMP</th>
</tr>
</thead>
<tbody>
<tr>
<td>Junior Futsal</td>
<td>Monday</td>
<td>4pm - 6pm</td>
<td>Under 8’s</td>
</tr>
<tr>
<td></td>
<td>Tuesday</td>
<td>4pm - 6pm</td>
<td>Under 12’s</td>
</tr>
<tr>
<td></td>
<td>Thursday</td>
<td>4pm - 6pm</td>
<td>Under 16’s</td>
</tr>
<tr>
<td>Senior Futsal</td>
<td>Monday</td>
<td>6pm - 10pm</td>
<td>Open</td>
</tr>
<tr>
<td>Senior Netball</td>
<td>Tuesday</td>
<td>6pm - 10pm</td>
<td>Ladies</td>
</tr>
<tr>
<td></td>
<td>Thursday</td>
<td>10:30am - 12:00pm</td>
<td>Ladies 5 aside</td>
</tr>
<tr>
<td>Junior Basketball</td>
<td>Wednesday</td>
<td>4pm - 5pm</td>
<td>Under 12’s</td>
</tr>
<tr>
<td>Drills &amp; Skills</td>
<td>Wednesday</td>
<td>5pm - 6pm</td>
<td>Under 16’s</td>
</tr>
</tbody>
</table>

For more information or to register, please get in touch!
E admin.singletonheights@ymcansw.org.au | P 02 6573 1517
**Hospital Art fun with Aunty Denise**

Over the last few weeks some of our students have had the opportunity to go to Singleton hospital with Aunty Denise and work on some mural on the walls outside of the hospital.

**NAIDOC 2015**

**Singleton Town Celebrations**

This year NAIDOC theme is “We all Stand on Sacred Ground: Learn, Respect & Celebrate”.

The Singleton Town NAIDOC celebrations were held on Saturday at Singleton Town Library. Singleton High Banda-ra aboriginal dance group performed as part of the celebrations.

**Schools NAIDOC Assembly**

This week saw the celebrations of NAIDOC at school.

Welcome to Country was delivered by Jack Phoenix.

There were two main guest this year, Uncle Warren Taggart and Uncle Les Elvin both Wonnarua Elders.

Uncle Warren gave a talk on the local Aboriginal site and the significant of these sites. Uncle Les told us about two dreaming stories that he has painted on murals that now hang in the schools Multi Purpose Centre.

There were year awards, attendance awards with two students receiving an award for 100% attendance. There were three main awards

Aunty Rene award for dedication to Culture – Tammie Neal,

Aunty Barb excellence in academics – Dana Ramsey, and

Kawul Award – Tara Evans.

The morning was finished off with a feast with contemporary bush tucker and a cake designed by Year 9 hospitality students.

Big thanks to all that supported the morning.

Sharon Bailey and Jo Vinson, Kawul
On Wednesday 10 June, students from Year 9 Child Studies hosted the very first school playgroup of the year.

Students planned, organised and implemented a variety of activities focusing on a chosen area of child development that promoted Aboriginal culture. Activities included face painting with home-made face paint, boomerang painting using traditional painting techniques, weaving, didgeridoo craft and dancing among others.

This opportunity proved invaluable, cementing studies from earlier in the semester on the value of play to the developing child with hands on experience. It was also great to see pride and enthusiasm in our Aboriginal students in sharing their culture with us all.

A big thank you to the children and mum’s who attended. We hope to see you again.

Sharon Bourne, Home Economics

The Red Cross Blood Donation van stopped at Singleton High on Thursday 12 June and was well supported by our senior students. The van visits just once a year and students have to be over 16 years to donate. Some interesting statistics are:

- 1 in 3 Australians will need a blood donation in their life time
- 1 in 30 Australians or 3% given blood each year
- One blood donation could save up to 3 lives
- Australia needs 27,000 donations every week to keep up with the demand and this demand will grow by 100% over the next 10 years
- The most common blood type in O (49%) then A (38%), B (10% and the rarest is AB (3%)

For more information call 13 14 95 or visit donateblood.com.au
Logan Ellis from Year 9 was recently chosen to be a member of the Under 15’s NSW Combined High School touch football side. We asked Logan a few questions.

What did you have to do to get into the team?
I played with the Hunter touch team and the coaches then made a decision after watching the games.

What position do you play?
Link.

When do you have to play for this team?
Two weeks after school holidays, mid-July. That takes place at Narabeen. The competition goes over the weekend. From this event the combined team is chosen.

Do you have any plans for when you leave school?
Still deciding, maybe a job in the mines. I would like to keep playing sport.

Who was your childhood hero?
My brothers. I have three older brothers. They taught me how to play football.

What NRL team do you support?
The Melbourne Storm.

Name some things you can’t live without...
My phone!

Something that makes you happy?
Playing touch football.

Favourite thing about Singleton High School?
The elective subjects.

---

**Lilly Pilly Jam**

**Ingredients**
- 1kg lilly pillies
- 2 green apples, diced
- Juice of 2 lemons
- Water
- 1kg sugar
- 3-4 jars

**Method**
1. Pick and de-seed the lilly pillies.
2. Sterilise the jars by washing them and then placing them into the oven at 150c
3. Dice the 2 apples leaving the skin and core intact, then add the lilly pillies and apples to a stock pot.
4. Cover the fruit with water and lemon juice and then boil until soft (should take approximately 45 minutes)
5. Measure the water and pulp and slowly add the same amount of sugar.
6. Boil the mixture until it sets – Put a small amount of liquid and fruit onto a plate and place in freezer. After a few minutes run a utensil through the liquid and if it looks like jelly then it is ready. If you have a thermometer then setting temperature is 150c.
7. Fill jars with the liquid while its still hot and put the lid on straight away. This process will seal the jars.
Ms Sharon Bailey works at our Ka-wul Centre and organised this week's fantastic NAIDOC Assembly. We asked her a few questions.

How long have you worked at Singleton High School?
I started working at Singleton High School in the May of 2009.

Tell us about your experience as a school student?
I liked school and always wanted to be a teacher but had to leave school at the end of Year 9 due to family reasons. I have worked in school for nearly 20 years. I went to university at 39 and am currently at university again retaining to do primary school teaching and will be finished June 2016.

What was your favourite subject at school?
My favourite subjects at school were history and geography. I loved learning about other countries and their different cultures.

Best memory of your childhood school?
I went to a small school so if there was a netball everyone had to play or there was not enough players. This made you always feel part of the school.

What do you enjoy most about your role at Singleton High School?
I love sharing and teaching my culture, I love seeing students embrace their culture and grow. I have watched over my time at Singleton High School the respect for Aboriginal culture grow. The number of Aboriginal students has grown from 48 to 134 in that time. To see the respect yesterday at our NAIDOC assembly made me feel proud of our whole school.

Anything you would like to add?
I have loved my time at Singleton High School I will be sad to leave when I have finished my university degree. I was sad to know that this was my last year of planning NAIDOC assembly. I would like to thank everyone for all of the support of my time at Singleton High School and look forward to still working with everyone for a little while longer yet.

Something that makes you happy?
Spending time with my family and with my beautiful granddaughter Miss Elsie. Students that come down to Ka-wul will tell you how many times I show off photos her.

What is the best thing about Singleton High School?
The Ka-wul Centre of course, the sense of pride that I see growing in the school and the respect shown to Aboriginal Education and the support given to Aboriginal students.

Tip to win the 2015 NRL premiership?
My son would want me to say the Knights and my daughter the Dragons. I can never guess this right but it will be the one with the highest score on grand final day.

Anything you would like to add?
I have loved my time at Singleton High School I will be sad to leave when I have finished my university degree. I was sad to know that this was my last year of planning NAIDOC assembly. I would like to thank everyone for all of the support of my time at Singleton High School and look forward to still working with everyone for a little while longer yet.

Meet the Staff
Languages

Year 8 Japanese Excursion
Most of the Semester 1 Year 8 Japanese class headed off to Newcastle on the train on Wednesday 17 June to experience Japanese food at Nagisa Restaurant in Honeysuckle.
We started with miso soup with some students wondering if the tofu floating in the soup was cheese. The main was a beautifully presented bentoo with a selection of tempura, noodles, dumplings and sashimi. There was lots of excited chatter as students photographed, tasted and decided whether they liked the food. We finished the meal with either homemade sesame seed or green tea ice cream. I was impressed that some students had greatly improved their chopstick skills since last year.

After the meal we headed towards Fort Scratchley to learn about the attack on Newcastle Harbour by the Japanese in World War II before returning to Hamilton to explore the Asian Grocery stores and then boarding the train back to Singleton.

I would like thank this semester’s Year 8 Japanese class for such fun day and semester, and a big thank you to Mrs Brooks for accompanying us to Newcastle for the day.

Ren Barnett,
Languages

Home Economics

Year 12 Certificate II Graduation Dinner
On 17 June Year 12 Hospitality graduation dinner was held and the theme of this years gala event was the circus.

After much planning over many months, the students put it all together. A large ‘Big Top” was created and after canapes of various circus themed treats, guests made their way through the tent into a dazzling array of fairy lights which lined the dining area tent walls. Guests dined in luxury whilst listening to the sounds of our very talented musical students (thank you Mr Ross and Mr Edwards).

After some very emotional farewell speeches, guests were served from a dessert buffet featuring an outstanding “Big Top” cake designed and made by Mr Mead.

These students are now qualified to seek employment in a wide range of careers in the hospitality industry if they so desire, as a full time vocation or to help them whilst they continue their future studies.

Brian Means, Home Economics
Home Economics NAIDOC catering

Congratulations to all the students who assisted in the NAIDOC Day catering you all did an amazing job worked extremely hard to make sure the food was amazing. You all upheld the school's expectations.

A special thanks to Chelsea Croucher who designed the drawing and the story for the cake, she then, with royal icing, piped her drawing on to the cake.

The story that she was telling in her art work was about the educational journey that aboriginal students undertake, with one path leading into the Singleton High School, students are recognised for their aboriginality, being allowed to express themselves freely and always been supported, the many paths leading away form the school represent when the aboriginal students graduate with their different skills, knowledge, experiences and leading them into a prosperous future.

Special thanks also goes to Ashley Haynes for making and covering the aboriginal flag part of the cake, also to Shanae Brown for her aboriginal flag inspired cupcakes.

The menu was a bush infused theme and is as follows:

Wattle Seed Scones with Rosella Jam and Cream
Lillipilly jam drops
Aboriginal inspired cup cakes and cake
Lemon myrtle battered barramundi and chips
Mountain peppered chicken skewers and dipping sauce
Pepper berry kangaroo pie
Yam and roast vegetable tartlets
Bush tomato brushetta

Daniel Mead, Home Economics

CAPA FACULTY

STAR STUCK 2015

Wow!
What a Show our amazing team put on....
After a few bumps along the road and a misplaced briefcase, our Star Struck ladies and gentlemen gave a spectacular performance that was certainly a memorable experience. Long rehearsals and early mornings were a challenge had by all, but singing on the bus, holding shoes, fixing ties, and watching them help one another with hair and makeup was just wonderful to see. All schools came together for four shows with stunning choreography, elaborate costumes and lots of smiling faces everywhere. It was great to see so many people working together doing what they all loved and I was so proud to help our students be a part of it.

Corina Elsworthy, CAPA
Music Synth Performance
On Friday 19 June, Mr Lionel Robinson from Young Australia presented Synth City to Year 7, 8 and 9 Music Students.

The performance was a demonstration of the history of styles and development of technology for keyboard instruments. Thank you to Mr Edwards for organising this event.

AGRICULTURE
Cows Create Careers
On Monday 22 June, 16 Animal Management students attended the Hunter Region presentation of Cows Create Careers at Tocal College.

Students during Term 2 cared for 2 dairy calves and completed project work which was sent to Melbourne and was assessed. From this work, Singleton High was named the winning senior school in Hunter Valley Region and was presented with a cheque for $250. We also gained 1st and 2nd place in the Senior teams assessment and this team consisted of Courtney Stewart, Ella Palmer, Taylor Giggins and Madison Sargent.

Well done teams on an outstanding project, it is a wonderful achievement for the Agriculture faculty at Singleton High School

Craig Bourne, Agriculture

Expression of Interest to Host Takahata 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.

Signed __________________________
Hunter TAFE would like to invite you to experience our Apprentice Chefs and students in action.

Due to strong demand bookings are essential and seats are limited.

**Upcoming dates for Wednesday night dinner**

Arrival 6pm $30pp
Includes 3 course meal and welcome drink

<table>
<thead>
<tr>
<th>Date</th>
<th>Date</th>
<th>Date</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>22 July</td>
<td>29 July</td>
<td>5 August</td>
<td>12 August</td>
</tr>
<tr>
<td>19 August</td>
<td>26 August</td>
<td>2 September</td>
<td>9 September</td>
</tr>
<tr>
<td>16 September</td>
<td>7 October</td>
<td>14 October</td>
<td>21 October</td>
</tr>
<tr>
<td>*28 October</td>
<td>4 November</td>
<td>11 November</td>
<td></td>
</tr>
</tbody>
</table>

* 5 Course Degustation with matching wine - $65 per person
(Welcome drink includes standard beer, wine or soft drink)

**FULLY LICENSED** (No BYO)

**Upcoming dates for Monday lunch**

Café BB will be run by our Students for Monday Lunch (12:00pm start) serving a range of starters, mains, desserts and espresso coffees from $5-$10 on the following dates:

<table>
<thead>
<tr>
<th>Date</th>
<th>Date</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 August</td>
<td>10 August</td>
<td>17 August</td>
</tr>
<tr>
<td>31 August</td>
<td>7 September</td>
<td>14 September</td>
</tr>
</tbody>
</table>

Lessons available at Singleton High

Leanne Mears ATCL MTA Accredited

Contact us

☎ 4936 0219 or 4936 0277  hunter.hvha@tafensw.edu.au

Group bookings welcome

Location

Building BB
Hunter TAFE
McLeod Road
Kurri Kurri

EFTPOS

is our preferred method of payment

**ENROL NOW FOR TERM 3**

**Valley Music**

Professional Music Tuition

- Piano
- Keyboard
- Music Theory

Fully Qualified & Experienced Teacher

**ENROL NOW FOR TERM 3**

**Red Alert Laser Tag**

COST - $20 per person for 3 games

Friday 10th July 2015
Depart - 10:00am
Return - 1:30pm
Travel provided

SINGLETON YOUTH VENUE
Cnr Pitt & Bathurst St
Singleton
NSW 2330

SINGLETON YOUTH VENUE
Cnr Pitt & Bathurst St
Singleton
NSW 2330

Get your combat skills in this ultra modern, multi level arena. Strap on your pack, choose your weapon, and then enter your mission.

**ENROL NOW FOR TERM 3**

Places limited
Book early to avoid disappointment

www.redalertlasertag.com.au
(02) 6571 4687
youthvenue@singleton.nsw.gov.au
Outdoor Recreation Camp

A small, enthusiastic group of Year 10 students took up the challenge to attend an Outdoor Recreation camp run in conjunction with Kurri Kurri TAFE Outdoor Recreation Faculty in Port Stephens recently. An all-expenses paid for excursion is a rare occurrence these days and it was an opportunity too good to pass up. This included the supply of all equipment, meals and transport for the trip.

Activities including rock climbing and abseiling on the cliffs over the ocean at Boat Harbour, canoeing in the Myall Lakes National Park as well as ‘off-track’ hiking in the mountains above Bulladelah were some of the activities the groups participated in over the three days. For many students this was the first time they had participated in such outdoor learning experiences and for many it was definitely a challenge and outside their ‘comfort zone’.

The philosophy of outdoor education is that it is often outside a person’s comfort zone that we learn the most about ourselves and others. This was certainly the case for some of our students. It was extremely satisfying to see the comradery and bonding that occurred, from the groups as they worked together to overcome challenges and support each other. It was also a major highlight of the trip to see students overcome some fears and unpleasant situations as a group. It is clear evidence that with perseverance, teamwork and trust in our abilities we are often able to achieve much more than we think!!! As is often the case, some of the highlights also occurred around the camp fire, on what was at times distinctly cold and wet June weather.

I would like to take this opportunity to publicly thank the Kurri Kurri TAFE and Singleton High School for subsidising all costs as well as thank our Principal Ms Gray for supporting this excursion particularly as it meant that the opportunity was truly open to all students. I would also like to thank and congratulate the Year 10 students that went on the trip. Their attitude, behaviour, sense of adventure and good humour were exemplary, and this was commented on specifically by the TAFE staff. A great reflection of our core values as a school. A credit to our school and community.

Andrew Sommerville, PDHPE
**DRUM BEAT**

**SINGLETON HIGH SCHOOL DRUMBEAT NEWS**

DRUMBEAT is an evidence-based therapeutic intervention that uses music to engage participants, teach social skills and build self-esteem. The program aims to address the difficulties in engaging young people, particularly those at risk using traditional interventions such as cognitive behavioural therapy.

The DRUMBEAT program at Singleton High School has emphasis on the following things.

- Drum songs
- Drum games with analogies
- Discussions linked to promoting self esteem
- Performance
- Facilitation skills
- Dealing with difficult behaviours
- Skills for connection
- Improving listening skills and working well within a group

DRUMBEAT program seeks to combine musical expression with basic cognitive behavioural therapy in anticipation of achieving several learning outcomes, emotional control, improved relationships and increased self esteem. Engaging young people in the playing of drums enables the risk of alienation to be reduced.

*Charlie James, DRUMBEAT Facilitator*

---

**Sports Report**

**Rugby League Representatives**

Singleton High School has two new Rugby League representatives with Year 10 students Mark Fogerty and James Bradley being named in the NSW Country Rugby League under 16s team last weekend.

Mark, a winger and James a 5/8 were both team members of the winning Northern Tigers under 16s squad that defeated the Bidgee Bulls 30 to 20 last Saturday in Mudgee.

Both boys play for Singleton High School and Singleton Greyhounds under 16s as well as their Northern Tigers commitments. Although, all those teams will have to wait for them to return from the 9 day tour of New Zealand that the Country team is embarking on in the school holidays and the boys are super keen to play the New Zealand teams in some tough football clashes. We wish them all the best on their tour.
Sports Report

Equestrian Team News

Cessnock Horse Sports
Our team once again packed up early and headed for Cessnock this time to compete in the Inter school Horse Sports day on Friday 12 June.

The day proved to be very successful with all team members who attended performing extremely well individually, and winning the Champion Secondary School award for the second year in a row.

The team members on the day included, Renee Atfield, Elsie Keeley, Josie Brown, Candice Gardiner (Reserve Champion High Point 15 yrs girls ), Aiden Sargent (Champion High Point 13 yrs boys), Madison Sargent ( Champion High Point 15 yrs girls), Ethan Sargent ( Champion High Point 17 yrs + boys).

Congratulations on a job well done and a very big thank you to all parents as without their help the team would not be able to compete as often as they do.

NSW Inter Schools Championship
In other equestrian news, Cade Hunter and Hanna Clements represented Singleton High School from the 18 to 21 June at the NSW Inter Schools Championships in Show jumping.

Cade performed very well at these championships as did Hannah. Official results are not available at this stage but we will keep you up to date with these next edition. At these Championships, Cade’s brother Jake (former Singleton High Student) who is competing in Europe, was home for a break and both boys performed an exhibition for the crowds on both nights. Well done to both Cade and Hannah (and Jake!!) for representing Singleton and Singleton High at such a high level.

Bruce Withers, Manager

Rugby League

Knights Knockout
On a cold and rainy Monday 15 June the under 14s and under 16s Rugby League teams played in the 2nd round of the Knights Knock Out competition at Charlestown.

The under 16s then played in their quarterfinal against of the St Josephs Lochinvar. St Josephs started strong, it was 10 – 0 their way at half time but our boys fought back and it was 10 -10 at full time however when it is a draw at full time the first try scoring team goes to the next round, so unfortunately the under 16’s were knocked out of the competition.

The next game for the under 14’s was their semifinal against Wallsend high School who they only faced the week before and were triumphant against in the grand final of the regional Buckley Shield grand final, it was a similar result with the boy winning 28 -8 and seeing them progress throughout to the Knight Knock Out grand final. They will play against St Josephs Lochinvar in the grand final on Tuesday 14 July at Hunter Stadium. Good Luck boys.

Daniel Mead, Coach
Sports cont...

**Country Cup**
On Tuesday 23 June, Singleton High school’s Opens Rugby League traveled to McKechnie Park to play Terrigal in the Country Cup. Unfortunately they were defeated 22 to 8. Man of the match was Jesse Horne.

**Athletics**

**Zone Athletics**
On 12 June Singleton High was well represented at the Zone Athletics Carnival held at Muswellbrook. Singleton High were winners of the carnival being crowned champion school on 826 points with Muswellbrook second on 746, Scone third with 560 and Merriwa 4th on 174.

We had several Age Champions on the day with Josh Shade 15s boys, James Bradley 16s boys, Sam Howard open boys, Kanisha Long, 12s girls and Taylor Giggins 16s girls.

Along with that fantastic performance many records were broken by our students:

- Teal Stewart
  - 15 Boys 100m 12.14
  - 15 Boys 1500m 4.57.31, 800m 2.26.16, 400m 59.50

- Josh Shade
  - 15 Boys 1500m 4.57.31, 800m 2.26.16, 400m 59.50

- Sam Howard
  - 17 Boys 800m 2.15.51, 200m 24.87, 1500m 4.42.64
  - 4 x 100m Relay Boys 15’s 51.88,

- Kanisha Long
  - 12 Girls 100m 14.18

- Jessyka Old
  - 15 Girls Javelin 20.15

- Brendon Chalker
  - 14 Boys 100m 12.08, 200m 24.95

- Daniel Tobb
  - 12 Boys 1500m 5.57.00

- James Bradley
  - 16s Boys 1500m 4.39.83, 800m 2.16.97

- Daniel York
  - 16 Boys Discus

Well done to everyone who competed and good luck to our students that have been selected to compete at Regionals next term.

*Daniel Higgins, PDHPE*
## Singleton High School

### HSC Revision Seminars/Tutoring

#### June/July Holidays: Week 1

<table>
<thead>
<tr>
<th>Monday 29 June</th>
<th>Tuesday 30 June</th>
<th>Wednesday 1 July</th>
<th>Thursday 2 July</th>
<th>Friday 3 July</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>AM</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>INDUSTRIAL TECHNOLOGY &amp; DT</strong></td>
<td><strong>TEXTILES &amp; DESIGN (J Simonson)</strong></td>
<td><strong>HOSPITALITY</strong></td>
<td><strong>C6</strong></td>
</tr>
<tr>
<td></td>
<td>9:00 - 3 pm</td>
<td>9:20 – 3 pm</td>
<td>9.00 - 12 noon</td>
<td>7.30 - 12 noon</td>
</tr>
<tr>
<td></td>
<td>T Block</td>
<td>T Block</td>
<td>C Block</td>
<td>T Block</td>
</tr>
<tr>
<td><strong>PM</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>ADVANCED ENGLISH</strong></td>
<td>Ext ENGLISH (L Wilkes)</td>
<td><strong>ECONOMICS</strong></td>
<td><strong>G4</strong></td>
</tr>
<tr>
<td></td>
<td>9.00 - 1 pm</td>
<td>12noon - 3pm</td>
<td>12noon - 3pm</td>
<td>9:00 - 1 pm</td>
</tr>
<tr>
<td></td>
<td>D Block</td>
<td>D Block</td>
<td>D Block</td>
<td>D Block</td>
</tr>
</tbody>
</table>

#### June/July Holidays: Week 2

<table>
<thead>
<tr>
<th>Monday 6 July</th>
<th>Tuesday 7 July</th>
<th>Wednesday 8 July</th>
<th>Thursday 9 July</th>
<th>Friday 10 July</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>AM</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>EAT 1 MATHS (K Prudence)</strong></td>
<td><strong>EAT 1 MATHS (K Prudence)</strong></td>
<td><strong>EAT 2 MATHS (K Prudence)</strong></td>
<td><strong>EAT 1 MATHS (K Prudence)</strong></td>
</tr>
<tr>
<td></td>
<td>8:30 - 1 pm</td>
<td>8:30 - 1 pm</td>
<td>8:30 - 1 pm</td>
<td>8:30 - 1 pm</td>
</tr>
<tr>
<td></td>
<td>D3</td>
<td>D2</td>
<td>G4</td>
<td>H8</td>
</tr>
<tr>
<td><strong>PM</strong></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>MUSIC (G Ross)</strong></td>
<td><strong>VISUAL ARTS (J Johns)</strong></td>
<td><strong>BIOLOGY (L Mullen)</strong></td>
<td><strong>CATS</strong></td>
</tr>
<tr>
<td></td>
<td>8:00 - 3 pm</td>
<td>10:00 – 3 pm</td>
<td>9.00 - 1 pm</td>
<td>9:00 - 2 pm</td>
</tr>
<tr>
<td></td>
<td>B1</td>
<td>G Block</td>
<td>C Block</td>
<td>H8</td>
</tr>
</tbody>
</table>

---

Paul Callaghan is a Worimi man who was born in Newcastle, New South Wales, Australia and grew up in the small coastal town of Karuah where he has many special memories.

During his life Paul has worked in many industries including the mining industry, government, education and training, aquaculture, university and social welfare.

Paul is the author of *Iridescence: finding your colours and living your story*, he will share his journey from success to depression and back again.

Books will be available for sale and signing.

**Paul Callaghan talk**

**Tuesday 7th July | 6pm - 8pm**

*Bookings Essential*

www.singleton.nsw.gov.au | 8-10 Queen St Singleton | Phone 02 6578 7500
SRC News

Tommy’s Day is going to be held at Singleton High School this year on August 27. As we all know Tommy’s Day pays reverence to all young people suffering from cancer but in particular former student Tom Kirkwood who passed away from cancer in 2009. The aim of Tommy’s Day is to raise money for research into a cure and treatment for children’s cancer. To date, over the past ten years, students from Singleton High School have raised upwards of $100,000 for cancer research and treatment.

Promoting Tommy’s Day this year, one initiative is we are encouraging students to get sponsorship to have their head shaved on the day and to this end we have four Year 8 students who are frantically chasing sponsors. Even though we appreciate that Tommy’s Day is not about who raises the most money, this year we have introduced a healthy completion that will recognise the student is able to raise the most money for Tommy’s Day. Kimberley Stanley has raised more money than any other student, group or business when in 2013 she raised over $2500 when she shaved her head.

As part of the promotion for Tommy’s Day this year the “Melbourne Cup” will be coming into the school on August 24. The Hunter Valley and particularly Singleton has a significant association with the Melbourne Cup through the many thoroughbred stud farms in the area and the great race horse champion, Peter Pan, who was owned in Singleton and won two Melbourne Cups. Peter Pan’s owners lived at “Baroona” at Whittingham where Peter Pan is now buried.

Bob Collins, SRC
AFL Gala Day

The annual AFL gala day for Year 7 students was held on Tuesday 23 June at Rose Point Park. Once again everyone involved had a fantastic day in the sun. All students participated and displayed excellent sportsmanship and enthusiasm for the whole day and a number of parents came along to support the kids. Special thanks to the Year 11 Sports Coaching students who coached, refereed and ran the canteen. Travis Silk was a wonderful announcer!!!. Thank you to all students and staff involved on the day. We now look forward to the Soccer/Netball Gala day next term.

Jodie Coutts, PDHPE

The Singleton High School chess team is into round 4 of the NSWJC Country Championship after defeating Rutherford Technology High 4-0 last week. The team this round was made up of Blake Trees, Jack Worcester, Dylan Old and Franklin Wright. Well done boys and good luck in the next round of competition.

Martin Gray

Help Darcy to Represent Australia

As reported in previous newsletters, our super swim star Darcy Gilson is trying to raise money to go to Equador to represent Australia at the Global Games. Please go to www.de.gofund.me/vh6w4c4c to make a donation to help him live his dreams.
2015 Work Experience Photos
The Coal & Allied 2015
Singleton Art Prize
A Painting & Drawing Show

Opening Night & Winners Announced Friday 17 July 2015
$25 per head including finger food, wine & entertainment
Viewing from 6.00pm Food 7.00pm Prize Winners announced 8.00pm

Music by Cavalier Acoustica
Open daily 10am to 6pm (entry $2)
Saturday 18 July to Tuesday 21 July.
Venue Singleton Civic Centre - Queen Street Singleton NSW 2330
For further information contact David Gausden 0429 775 556 or John Drinan 02 6577 6156
www.singletononhunterrotary.org.au
Macquarie University: Physics and Astronomy Careers Night
Wed 16th September, 5.45pm – 8.30pm,
Macquarie University, North Ryde Campus
Successful Macquarie graduates from a range of organizations and career stages will share inside knowledge on their experiences in physics, photonics, and astronomy.
Contact: Janine Lacey janine.lacey@mq.edu.au

Macquarie University: Warawara Alternative Entry Program for Indigenous Students
The entry program provides an opportunity for indigenous students who may not have completed the HSC or acquired a necessary ATAR to gain entry into their degree of choice. Applicants will be required to attend an assessment day in which they will be given the opportunity to demonstrate that they have the skills necessary to participate in their chosen degree.
https://www.mq.edu.au/study/undergraduate/getting_in/entry_schemes_and_pathways/indigenous_students/

Australian National University: Degrees for High Achievers Information Sessions
Sydney: Wed 22nd July, 4.30pm – 6.30pm, SCEGGS Darlington
Darlington, Forbes Street, Darlington
Canberra: Mon 3rd August, 4.30pm – 6.30pm, 136 Linnaeus Way, ANU
Speak to staff, current students, and learn about the opportunity to undertake research as part of an undergraduate degree at ANU.
Contact: Naomi Shadbolt on 02 6125 7240 or science@anu.edu.au
http://science.anu.edu.au/degreesforhighachievers

UTS Discover Session: Nursing
Discover Nursing: Wed 22nd July 6.00pm
An interactive workshop where participants can learn more about the working life of a nurse.

The University of Notre Dame Information Evenings
Notre Dame Information Evening in Sutherland Shire
Tue 16th July, 5.00pm – 7.00pm, St Aloysius Parish Hall, 8 Giddings Avenue, Cronulla
Speak to university staff and students to get all the information you need to make an educated decision about tertiary study.
Getting to Know Nursing
Tue 1st September, 6.00pm, 160 Oxford St, Darlinghurst
Meet academic staff, engage in clinical activities, experience a Nursing lecture and tour their campus.
Time Management for Year 12
Wed 30th September, 9.00am – 12.30pm, 104 Broadway, Chippendale
The Academic and Enabling Support Centre will be open to assist Year 11 students to develop useful skills for their exams and assessments.
http://www.nd.edu.au/events/sydney

The University of Sydney: Sydney College of the Arts Information Evening
Thu 2nd July, 4.00pm – 8.00pm
Meet staff, hear from recent graduates, and get information on admissions and portfolio preparation.
Contact: creatives@sydney.edu.au
http://sydney.edu.au/sca/future-students/undergraduate/infoevening

The University of Sydney: Catch Co2 – Getting Creative about Climate Change
Wed 9th September, 5.45pm – 6.45pm, Eastern Avenue Auditorium
Dr Deanna D’Alessandro from the School of Chemistry will speak about why carbon dioxide capture has been so difficult and whether we can make fossil fuel energy sources less harmful.

Charles Sturt University: Virtual Campus Tours
Prospective students can now view CSU’s campuses from the comfort of their own home. Virtual tours are available of the Albury-Wodonga, Bathurst, Dubbo, Orange, and Wagga Wagga campuses.
http://www.csu.edu.au/about/locations/virtual-campus-tours

Upcoming Charles Sturt University MyDays
Bathurst
Policing and Criminal Justice: Mon 29th June
Wagga Wagga
Communication and Creative Industries (Years 11 and 12): Tue 23rd June
Communication and Creative Industries (Year 10): Tue 25th and Wed 26th August
Port Macquarie
Info Day: Thu 25th June
http://www.csu.edu.au/go/myday

The University of Newcastle Bridging Courses
UON offers bridging courses prior to the start of each semester. The courses are designed to improve academic skills and refresh knowledge in key subject areas in preparation for university study. The courses normally run for 15 hours across one week.

UniOptions
UniOptions provides advice on the many pathways to university. The website aims to help students enter the university course of their choice and find out about the different options available to them.
http://www.unioptions.com/
TAFE & Apprenticeships

Tomago Aluminium 2016 Apprentice Intake
Applications close Fri 3rd July
Tomago Aluminium is an Aluminium smelter offering four-year apprenticeships commencing in January 2016. Apprentices learn basic and advanced trade skills in their onsite training workshops and across departments, gaining continuous hands-on experience as well as valuable and transferrable skills.

Sydney TAFE: Music Information Session
Wed 24th June, TAFE Ultimo, Building M, Level 1, Room M1.15
Learn about professional training in Music Performance, Production, Music Business, Live Production, Music Theatre, and Electronic Music Production.
https://www.facebook.com/sydneytafemusic

South Western Sydney Institute: Information Sessions
Travel and Tourism: Tue 23rd June, 9.30am – 6.00pm, TAFE SWSi Bankstown Campus, J Block – Room J413
Fashion Design and Technology: Wed 24th June, 10am, Macquarie Fields, Building B, Level 1, Room B.1.11
Travel and Tourism: Thu 25th June, 9.30am – 6.00pm, TAFE SWSi Bankstown Campus, J Block – Room J413
https://swsi.tafensw.edu.au/About-SWSi/Key-

South Western Sydney Institute: UWS Milperra Career Search
Thu 23rd July, Bankstown
A careers expo targeted at local schools in the Bankstown area. The expo will give visitors the opportunity to talk to exhibitors and obtain the most up-to-date information about further education as well as training and employment opportunities.
https://swsi.tafensw.edu.au/About-SWSi/Key-

New Trade Support Loans
As part of the new Australian Apprenticeship Support Network, Trade Support Loans to the value of $20,000 over the life of an apprenticeship will be available to encourage more young Australians to start their career with an apprenticeship and complete their qualification.

South Western Sydney Institute: Taste of TAFE Days
Thu 20th August, Lidcombe & Chullora Colleges
Wed 26th August, Macquarie Fields College
An opportunity for students in years 10 – 12 to experience TAFE for a day and discover a wide range of potential study areas with hands-on activities.
https://swsi.tafensw.edu.au/About-SWSi/Key-

Ampcontrol Apprentice and Trainee Program
The Ampcontrol Apprentice and Trainee Program offers positions to people interested in undertaking an electrical, electronics, fabrication, or mechanical apprenticeship.
http://ampcontrolgroup.com/careers/life-ampcontrol/trades

New Australian Apprenticeship Support Network
From July 1 2015, existing Australian Apprenticeship Centres will be replaced by the Australian Apprenticeship Support Network. The new support network is designed to make it easier for individuals to find an apprenticeship or suitable training pathway, stay in training, and complete an apprenticeship or traineeship.

Private Colleges
Metro Screen Diploma Subsidies
Due to an increased demand for assistant editors and digital content producers in the screen industry, the NSW government will be subsidising the Certificate IV in Post Production and the Diploma in Digital Content Producing.
Information on the Certificate IV in Post Production:
https://metroscreen.nsw.edu.au/Cert+IV+in+Post+Production+Subsidised
Information on the Diploma in Digital Content Producing:

Sydney Design School Information Sessions
Thu 25th June, 6.00pm
Thu 2nd July, 6.00pm
Level 2, 40 Oxley Street, St Leonards

Information sessions will run for approximately 40 minutes, and will cover the courses available at the design school and the career opportunities available to graduates.
Contact: 02 9437 1902

ACTRS Open Day
Sat 5th September, Building 130, The Entertainment Quarter, Moore Park
Speak to staff and students, view the facilities, and learn about how to prepare an application to study at AFTRS.
http://www.aftrs.edu.au/events/aftrs-open-days
Avondale College of Higher Education: President’s Scholarship

Applications close August 2015
A scholarship valued at $8,000 awarded to students from selected secondary schools throughout Australia who demonstrate a combination of academic excellence, leadership, as well as service to their school, family, church and community.
http://www.avondale.edu.au/future_students/

Martin: New Diploma of Advertising

The new Diploma of Advertising contains a mixture of advertising, marketing and communication subjects with practical classes testing student presentation and writing skills.
http://www.martin.edu.au/courses/school-business-marketing/marketing/diploma-advertising

Morling College: Open Days and Nights

Counselling Information Night
Wed 24th June, 6.45pm – 8.00pm, 120 Herring Road, Macquarie Park
Learn about studying pastoral or clinical counselling by speaking to faculty staff
General Open Day and General Open Night
Open Day: Sun 13th September, 2.00pm – 4.00pm, 120 Herring Road, Macquarie Park
Open Night: Thu 22nd October, 6.45pm – 9.30pm, 120 Herring Road, Macquarie Park
View the campus and learn about courses in Bible Theology, Education, Counselling and Chaplaincy.
Contact: 02 9878 0201 or enquiries@morling.edu.au
http://www.morlingcollege.com/open-days/open-days-and-nights

Other News

Australian Engineering Week 2015
Mon 3rd – Sun 9th August
Australian Engineering Week aims to showcase the career opportunities within the industry and highlight the contribution engineers make to society. The week will feature a range of events, tours, activities, and workshops relevant to engineering.

NSW Industrial Relations Webinars
This website has a number of pre-recorded webinars available on the national workplace relations system and some key modern awards. Topics the webinars address include general protections, unfair dismissal, and public holiday provisions.

Youth Action: Youth Policy Plan Survey 2015
Survey closes Fri 3rd July
Youth Action is looking for young people aged 12 – 24 to complete their survey so they can determine which issues their policy research should focus on. Those who take the survey will be in the running to win a $50 gift certificate.
https://www.surveymonkey.com/r/yppolicystrategy2015

Youth Conference 2015: What’s Up West
Registrations close Friday 26 June
Thu 16th – Fri 17th July, 9.00am – 3.00pm, University of Western Sydney, James Ruse Drive, Parramatta
Be inspired by some of Australia’s most influential young leaders, participate in practical skills workshops, and attend a political Q and A with NSW premier Mike Baird and opposition leader Luke Foley.
Contact: Ahmad Al Rady on 8218 9811 or coordinator@youthaction.org.au
Year 13 is an online resource which provides advice and information on life after high school. The website provides information on a number of topics including apprenticeships, gap year programs, job vacancies, studying, and internships.

Mission Australia Youth Survey
Students who identify as LGBTQI, participate in alternative education, are homeless or experiencing housing issues, experiencing drug or alcohol problems, experiencing mental health issues or come from a migrant or refugee background, may be interested in participating in Australia’s largest survey of 15-19 year olds.

Projectable Workshops
Tue 21st July, 9.30am – 1.00pm, Castle Hill
Wed 22nd July, 9.30am – 1.00pm, Mittagong
Thu 30th July, 9.30am – 1.00pm, Dubbo
Tue 4th August, 9.30am – 1.00pm, Castle Hill
Wed 5th August, 9.30am – 1.00pm, Trangie
Wed 5th August, 9.30am – 1.00pm, Wagga Wagga
Wed 5th August, 9.30am – 1.00pm, Castle Hill
Wed 5th August, 9.30am – 1.00pm, Goulburn
Thu 6th August, 9.30am – 1.00pm, North Parramatta
Fri 7th August, 9.30am – 1.00pm, Casino
Projectable is a free initiative which gives students in Years 10, 11 and 12 a first-hand experience in the disability and community care sector through a half-day workshop.
Visit this website to find out about the many jobs within the industry, including education pathways, potential salaries and jobs in demand.
http://www.miningcareers.com/

What Degree? Which University?
This website provides senior high school students with the tools to explore their University options. There is information on degrees, uni life, student accommodation, careers and lifestyle.
http://www.whatdegreewhichuniversity.com/

Ace Day Jobs Career Profiles
Find backgrounds of current professionals, how they made it to where they are, and what is really involved in their day job.
http://www.abc.net.au/acedayjobs/cooljobs/

Conservation Volunteers
Conservation Volunteers run a variety of single and multi-day volunteering projects and are looking for interested people to take part.
MyDay is your day at CSU

Experience what it would be like to undertake study in the criminal justice or policing fields @ MyDay Bathurst

Do you want a career that:
- is challenging yet secure?
- can take you from outback communities to international cities?
- gives back to the community?
- can change someone’s life?

Our cutting edge teaching facilities, industry links and highly qualified staff help you develop the skills needed to be a sought after graduate.

When: Monday 29 June, 2015
11am – 2pm
2pm – 3pm Optional Campus Tour
Where: Charles Sturt University – Bathurst
Panorama Ave
Dress: Casual clothing
Please note that it is a requirement that enclosed footwear be worn on the day
Food: BYO or food and beverages can be purchased from the on campus food outlets

A CSU degree can take you all over the world before you even graduate!
Travel and study through various CSU Global programs in destinations including North America, Europe and Asia.

Did you know?
- You can gain employment with NSW Police whilst finishing your Bachelor of Criminal Justice degree.
- Studying criminal justice can lead to careers in: corrections, probation and parole; working with offenders & families; juvenile justice; justice research and policy making.

Find out more about our Policing courses @ www.csu.edu.au/courses

See your Careers Advisor for a Registration Form or register your interest at: www.csu.edu.au/go/myday
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:

[ ]
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</td>
<td>$27.00</td>
</tr>
<tr>
<td>PE / Sport polo Shirt</td>
<td>$27.00</td>
</tr>
<tr>
<td>Woolen Jumper 12-14</td>
<td>$63.00</td>
</tr>
<tr>
<td>Woolen Jumper 16-22</td>
<td>$70.00</td>
</tr>
<tr>
<td>Woolen 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>
</tbody>
</table>

******Specials******

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

Canteen Roster

<table>
<thead>
<tr>
<th>Day</th>
<th>Date</th>
<th>Person</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>13/7/15</td>
<td>Pupil free</td>
</tr>
<tr>
<td>Tuesday</td>
<td>14/7/15</td>
<td>L Knox</td>
</tr>
<tr>
<td>Wednesday</td>
<td>15/7/15</td>
<td>K Power</td>
</tr>
<tr>
<td>Thursday</td>
<td>16/7/15</td>
<td>HELP</td>
</tr>
<tr>
<td>Friday</td>
<td>17/7/15</td>
<td>N Jones</td>
</tr>
<tr>
<td>Monday</td>
<td>20/7/15</td>
<td>D Stewart</td>
</tr>
<tr>
<td>Tuesday</td>
<td>21/7/15</td>
<td>J Groucutt</td>
</tr>
<tr>
<td>Wednesday</td>
<td>22/7/15</td>
<td>M Tanner</td>
</tr>
<tr>
<td>Thursday</td>
<td>23/7/15</td>
<td>M Jack</td>
</tr>
<tr>
<td>Friday</td>
<td>24/7/15</td>
<td>P Hannan</td>
</tr>
</tbody>
</table>

Free Tutoring

From 4pm every Wednesday during school terms
Singleton Youth Venue
Cnr Bathurst & Pitt Streets
Year 7 to Year 12
Maths
English
Science

Orders only

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Healthy Meal Deal</td>
<td>$4.50</td>
</tr>
<tr>
<td>Sandwich, juice and fruit</td>
<td></td>
</tr>
<tr>
<td>Soup</td>
<td>$2.50</td>
</tr>
<tr>
<td>Mac N Cheese</td>
<td>$4.00</td>
</tr>
</tbody>
</table>

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) $3.00
- Mineral water (large and small) $3.00
- 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
- Twists $1.00
- Assorted Ice blocks from 50 cents

The Woolen Jumpers are available in sizes 12-14, 16-22, and 24-28, with prices ranging from $63.00 to $76.00.

Payment:
Cash, cheque or eftpos/credit card facilities available.

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

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

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

Garlic Bread
- Sweet Chilli Subs $1.00
- Salt and Vinegar Tenders each (Not every day)

Rolls

- Salad Roll (with meat) $5.00
- Salad Tub (with egg) $5.00
- Fruit Salad tub $4.00
- Frozen Pineapple $0.50

Sandwiches

- Chicken and Lettuce $4.00
- Ham, Cheese and Tomato $4.00
- Egg and Lettuce $3.50
- Beef and Pickles $4.00
- Turkey and Cranberry $4.00

Brekkie Ideas (before 9.30am)

- Hash Browns $1.00
- Brekky Wrap $2.00
- Assorted Slice $2.00
- Muffins/Finger bun $2.00
- Coffee and Hot Chocolate $3.00

More information:
02 6571 4687
rstalker@singleton.nsw.gov.au