Term 3 . Week 8

LEAGUE TEAM MAKES THE GRANDFINAL • TOMMY’S DAY SUCCESS • MAX POTENTIAL • MEET THE NEW CAPTAINS

Please be aware that this newsletter contains the name and picture of an aboriginal person who has passed away.
UNIFORM SHOP IS NOW OPEN
ON MONDAYS
8.30am to 10.00am
and
3.30pm to 5.00pm
Alternatively place and pay for uniform orders on line and collect from the school office any time within office hours.
Uncle Les Elvin
The funeral of Uncle Les Elvin was an extremely moving experience. Over 1600 people honoured his life last Wednesday at the Crowne Plaza Auditorium, with speeches from many whose lives he had touched. The preciousness of those recent paintings hanging in our MPC, with the accompanying video, are truly priceless and we are so fortunate to have them in our school. For a more detailed look at Uncle Les’ life, please read the article in this newsletter written by Sharon Bailey. Our thoughts are with the family of Uncle Les and all those who are grieving.

Max Potential
Five of our students graduated from the Max Potential program this week. The program is a wonderful opportunity for our students to benefit from an intensive mentoring course. At the end of the program, students display their project. I was fortunate to attend the graduation at Singleton Diggers Club, where I was able to discuss the projects with the students. Congratulations to Marree, Eliza, Ciarra, Rohit and Logan for their thoughtful, interesting and creative projects.

Premier’s Teaching Scholarship
Congratulations to Mr James for being awarded a Premier’s Teaching Scholarship, which was presented to him by Adrian Piccoli at Parliament House on Saturday.

This year had more entries than any previous year. Of the 325 entries, only 19 scholarships were awarded. Mr James will travel in America for five weeks from January 1st, investigating farming and teaching methods in farms and schools across America. This is a prestigious award, and Singleton High School has a proud history of achievement, with Brian Means and Craig Bourne also recent recipients. Congratulations Mr James for your wonderful achievement.

New Captains
The process at Singleton High School for selecting captains is the best that I have seen. From the initial letter written by the students to their interview, and finally to the speeches, this process is both thorough and thought provoking for the students. The seriousness displayed by the students during their speeches was impressive, as was the attention of the rest of the school throughout. The calibre of students who put themselves forward this year was outstanding. I would like to congratulate the 2016 captains, Laura and Zac, and the 2016 vice captains, Ebony and Jackson. They have made an excellent start to the captainship of Singleton High School. I would also like to congratulate all of the nominating students, who showed many admirable qualities throughout this process.

It would be remiss of me not to mention the outgoing captains, who have done an outstanding job in 2015. Sam and Eliza, Teagan and Brayden have shown real leadership in the last year in many different ways. Their actions both publically and behind the scenes have added to the inclusive and energetic culture of the student body. Thank you all for making my introduction to student leadership at Singleton High School so rewarding.

Tommy’s Day
Mr Collins has done an incredible job with the SRC to organise another successful fundraiser for cancer research. Tommy’s Day, under his leadership, has contributed over $100,000 over the years to this extremely worthwhile cause. The SRC showed their true leadership value through their detailed organisation of this event. I do not know of any other schools that so generously donate their time and efforts to such big events. Thank you to all students for participation in the talent quest, and also for your contribution to the afternoon events. I look forward to hearing the final amount raised. I know that one boy alone raised over $1000 in sponsorship for his head shave.

The SRC also ran the BBQ at Bunnings on Saturday to further boost fundraising efforts. What a great team!

Year Twelve final two weeks...
One measure of success at school is how you feel when it comes to an end. A mixture of sadness and excitement are the common experiences of those who have had a meaningful and enriched school experience. Sadness is associated with the loss of the day-to-day routines, the close interactions with friends, the conversations, handball games, and even missing the teachers who you know have cared so much.

The excitement comes from the new beginning that awaits after the HSC. While most of you have had six years at Singleton High and I’ve only known you during your final year, it is apparent to me that most of you are facing the future with excitement rather than trepidation. This means that your school has assisted you in becoming more confident, forward looking, resilient and optimistic as you enter a new phase of your life. Never before have these qualities been more important because these are the characteristics necessary to survive in a rapidly changing world.

You are a very fine group of young adults. Enjoy your last two weeks of school and savor your final experiences of something you have done for the last 13 years. Good luck in the HSC and beyond. I look forward to meeting many of your families at the final assembly.

Jo Gray, Principal
The advantages of being in a large community school such as ours is being shown through the many activities that take place, the width of subject selection, welfare programs, sporting, cultural and community based involvements. One aspect I enjoy greatly is being able to visit class rooms to see the learning that is occurring along with the AHA!!! moments. That is, when a student suddenly knows how to achieve at last and then forges ahead in their understanding of the material at hand.

I have visited Maths, Home Economics, Technology, Science and CAPA classes thus far across Years 7 to 11 in the last month. All classes have been receptive and inviting to having a new learner walk in the door. Learning is for all of us and it certainly is never too late to learn something new each day. Staff, are thanked for ensuring these opportunities are afforded to me. The most memorable was assisting a Year 7 girl cook her pancakes. She enjoyed the end product whilst I took care of the clean up.

Year 11 is in the last stage of their Preliminary courses. There are still interviews to take place and my aim is to complete before the end of term. A reminder is given to students that any outstanding assessment tasks, whether old or new are required for submission, urgently.

The BOSTES Non-Completion Documentation is due in Sydney early in Term 4. It would be very unfortunate to miss out on a one or more courses and then having to do catch-up in Year 12 by redoing from the beginning the units of study needed for the HSC.

Parents of Year 11 children please check that every assessment task has been submitted. Another avenue where students get in trouble is by failing to meet the BOSTES requirement of “diligence and sustained effort”.

Changing of the guard in the leadership of the student body is taking place at the present time. The task of selecting our new leadership team for 2015-16 has occurred. The process is equivalent to conducting a state or federal election. All students were given a vote after the speeches. Those who were away unfortunately will have to look forward to the 2016 process. Over 900 full preferential votes were counted. That gives you a scale of how intense, honest, and scrutinising Singleton High School is in ensuring tradition continues for this school in our community.

All candidates were of the highest of standard. They make up the Leadership Team, a new concept that places the running of certain aspects of the schools’ student body with our seniors. Congratulations to all our Year 11 students as we know there were others who contemplated pursuing this new team but chose to assist the running of the school in other ways.

Term 4 will see a review of the operations of the Mathematics Faculty. This review process will occur across the school in the years to follow with other faculties. The review process will require input from our parent, student and community groups. Selection of students will be random and an offer for parents to be involved will be by an invitation and volunteer process. The purpose of all reviews is to determine areas of success, strengths, improvement and give direction for the future. I personally have found rewarding those reviews that I have been involved in as an assessor or a member of a Mathematics Faculty. I look forward to working with you throughout this time.

Thank you for your ongoing support of Singleton High School.

Our students are an amazing group of individuals who work tirelessly to improve the lives of many as well as learning life skills.

Ian Skilton, Deputy Years 7 and 11

Singleton Track & Field club will soon be taking registrations for our 2015-2016 Little Athletics season. All returning athletes and interested newcomers can join us at Alroy Oval on:

- **Tuesday, 8 September 4.30-6.00pm**
- **Tuesday, 15 September 4.30-6.00pm** (Followed by Trial Night, 6.00-7.00pm)
- **Tuesday, 22 September 4.30-6.00pm**

Registration is $75.00 for Tiny Tots, $95.00 for U-6 to Seniors. Register on the above dates for a $10 discount.
Wellbeing News

Wellbeing Friday

Wellbeing Friday presentations are continuing to be delivered during roll call once a fortnight. Week 8 focussed on self esteem and its importance for achieving learning outcomes and success. Included is some useful information and tips from a wellbeing website, ‘self improvement mentor’ the address is included in the information on the next page.

R U OK Day

R U OK Day. This day occurs on Thursday 10 September and is a key event in the mental health awareness calendar. The school will be running mental health awareness sessions during roll call for all students. A number of staff will be wearing ‘R U OK?’ T shirts or the colour yellow to show support for this campaign and to encourage conversations around the topic of mental health. Please take the time to read the information below about the ‘R U OK?’ campaign.

Wear it Purple

Friday 28 of August was officially ‘Wear It Purple’ day. Many staff wore purple to show their support for all sexuality and gender diverse people everywhere.

What is Wear It Purple Day?

Wear it Purple has a simple message: you have the right to be proud of who you are. Sexuality or gender identity does not change this.

The idea is simple: wear purple if you agree.

Through the public outpouring of support, the aim is for rainbow young people everywhere to know that their support-base is far greater than they could have anticipated. As more purple is seen yearly at school, in workplaces, on the streets and online, we are saying to rainbow young people everywhere: you are not alone.

So don’t forget to wear purple in 2016. For more information: http://wearitpurple.org/wear-it-purple-day/

Year 12 Safe Party Workshop

The Year 12 Safe Party Workshop will be held on 10 September during period 3 and all Year 12 will listen to the police liaison officer discuss liquor law legislation, respectful behaviour, safe celebration advice, common offences committed by end of year celebrations and the long term effects of bad choices.

Kathleen Ballard, HT Wellbeing

Asking R U OK?

You’ve got what it takes

If your gut says something’s not quite right with someone, chances are that they might need a bit of extra support from the people around them. They might be acting a bit differently, seem to have a lot on their plate, or simply aren’t themselves. Don’t ignore those signs but instead take some time to start a conversation.

One of the great things about asking “are you ok?” is you don’t have to know the answers to a mate’s problems. Nor do you have to be ok yourself or feel particularly strong. As long as you feel up to listening, not judging and just talking through stuff you have found useful in the past, you’ve everything it takes to have a meaningful conversation to support a mate in need.

The below isn’t a script – they’re tips to help you ask from the heart.

Getting ready to start a conversation

Be ready

- Are you in a good headspace?
- Are you willing to genuinely listen?
- Can you give as much time as needed?

Be prepared

- How you travelling?

Step One: Ask R U OK?

- Be relaxed.
- Help them open up by asking questions like “How are you going?” or “What’s been happening?” or “How are you travelling?”

Step Two: Listen without judgement

Step Three: Encourage action

- Help them think about one or two things that can be done to better manage the situation. It might be they take some time out for themselves or do something that’s fun or relaxing.

Step Four: Follow up

- Pop a reminder in your diary to call them in a couple of weeks. If they're really struggling, follow up with them sooner.

- Do you understand that a difficult conversation might happen and you won't have the answers?
- Do you understand that talking about personal struggles can be difficult and they might get embarrassed, even angry?
If you want success and happiness, never underestimate the importance of Self Esteem!

4 May 2015

Many psychiatrists, life coaches and successful individuals have always emphasize the importance of self esteem. This does not come as a surprise at all. Self esteem is so important because it could practically affects all facets of one’s life. From health to career to relationships to love.

Self esteem can make all the difference between success and failure, victory and defeat, happiness and sadness, excitement and depression, inner peace and turmoil.

To have self esteem issues means not being at peace with oneself. The existence of this incongruency and inner turmoil can have a very significant negative impact on a person.

A so called ‘average’ individual with high self esteem will outshine someone who has much more education / skills / experience but with low self esteem. All those extra knowledge and years of experience will not count for much if that person does not believe in himself. Even though he has the ability to impress and perform, he will unconsciously hold himself back because of his self doubt and lack of self acceptance.

Practical tips and steps to boost children self esteem

1. Create a supportive, safe environment
One of the best ways to build children self esteem is to create an environment where children are encouraged to explore and express themselves. Where they are always safe and supported, and where they are able to try and discover new things and experiences without difficulties or danger.

Cultivate an environment where exploration, learning, and attempting new things are encouraged. At the same time, emphasize that making mistakes are totally fine as well.

Don’t be too worried about kids making mistakes. These are children after all and they are meant to make mistakes while they are young. It is better that they learn now while rather than make mistakes when they are older which may have more serious consequences.

2. Goal setting
While it may not be apparent initially, the practice of setting goals, tracking the goals and achieving goals can help develop children self esteem. It teaches the child to plan and work towards the goal, learn lessons from that experience and ultimately realize his or her capabilities and ability to achieve a goal.

The child will be able to experience first hand how he achieved something of value and thus it will be an immense boost of confidence to the child.

It also teaches the child the important lesson of perseverance and putting in the effort in order to achieve what’s desired.

3. A mindset of focusing on the positive
As mentioned earlier, no one can prevent a child from experiencing failures or setbacks. It will happen. However what you can do is cultivate a positive mindset so that the child is less affected by setbacks.

Examples of doing this would be by always emphasizing the effort that was put in and not what the ultimate result is, and focusing and putting importance on the lessons learned from the experience rather than what was achieved or not.

This mindset has to be consistent regardless of whether the child achieves a goal or not, regardless of success or failure. The objective here is to cultivate the right principle in the child. It is not to make the child feel better or soften the blow.

4. Cultivating forgiveness -both for themselves, and to forgive others as well
The only way a person is going to be able overcome the pain and regret from failures or mistakes is by forgiving themselves. This is applies equally to adults and children and is the reason why cultivating an attitude of forgiveness is so important.

Mistakes and setbacks are inevitable. If a child doesn’t know how to forgive himself or is unwilling to do so, that could have serious consequences. Growing up not learning the importance of forgiving oneself is actually more common than most people may realize, so make sure a child is taught to forgive himself.

5. De-emphasize the importance of peer evaluation
Peer pressure and gaining acceptance is particularly important for children, and it can lead to unhealthy and low children self esteem. Generally for children, way too much importance is placed on peer evaluation and kids don’t know better to ignore many of the unjustified feelings by their friends.

To overcome this, start de-emphasizing the importance of peer evaluation and acceptance. Some ways to do this is through; pointing out the strengths or natural talents that the child has reminding him or her of past achievements and most importantly teaching the child to accept that being different is normal and that being uniqueness is a something to be proud of and celebrated.
The most important news for this week is the Year 7 leadership team. Over the past few weeks a number of Year 7 students have sacrificed their break times to assist Ms Koletsis-Tatt and Mr Chapman to plan two fundraising events. The first was a handball tournament to raise funds for the Cancer Council on Tommy’s Day. The tournament was quite popular with students from a number of year groups and we even had two teachers participate. The ultimate victor was none other than Year 7’s Oliver Berry who was able to defend against all comers. We would like to extend a special thank you to Patrick Duncan, Edward Gibbon, Bowen Flockhart and Madylan Davis who coordinated the event on the day.

Our second fundraising event is “Type Onesie Day” on September 8, which will raise money for research into Type One Diabetes. Finding a cure for Type One Diabetes is of special significance to Year 7 as one of our students has this condition. The aim of the day is to raise awareness by wearing one of something; one long sock, one large earring, one boot and so on. Staff and students, in all years, are encouraged to dress up and donate a gold coin on the day.

Our winner Oliver, showing off his style and some fierce competition from Blake Edwards.

Cindy Koletsis-Tatt and Tristan Chapman, Year 7 Advisors

This term is absolutely flying by with only three weeks left until holidays!!!

On Wednesday 19 August all students from Years 7 to 10 walked to Pirtek Park to support our very own under 14s rugby league team who played to secure a place in the semi-final of the Buckley Shield. The team consisted of 14 Year 8 boys who played with pride and comradery, representing Singleton High School outstandingly. The team was successful on the day and played again this week. In this match against Young High School they won again and so now will play at Campbelltown on Wednesday 9 September in the grandfinal.

Wednesday 26 August was the subject selection information evening for parents, carers and students from Years 7 to 9. This was a well-attended information session with all faculties presenting information on elective choices for next year. All Year 8 students should have chosen their electives via Moodle.

Another reminder to ensure that correct uniform is worn with particular mention of appropriate jumpers. If a student is unable to wear the correct uniform on any given day then a note explaining the reason is required. If incorrect uniform is worn and the student is given three or more infringement notices, then a detention will be issued. If a student requires assistance with uniform please contact Year Advisors or Head Teacher Wellbeing.

Yours in education,
Mrs Bagnall and Mrs Lewis
As we wind down towards the end of the term, the realisation has become clear to Year 12 that their school days are almost over. As they cram those last few opportunities available with their teachers into their final days, they can anticipate their last week of school.

A ‘Thank You’ Breakfast for staff and parents has been organised for Monday morning September 14. Commencing at 8:00am in the MPC the breakfast will be hosted by year 12 who will cook and entertain those in attendance.

An excursion, to Newcastle on Tuesday September 15, will include ice skating at Warners Bay Ice Rink and trampolining at Sports World Gateshead. Students will then enjoy a BBQ lunch before returning to school.

Thursday will involve a rehearsal for the Year 12 final assembly which will occupy periods one and two. Lunch at Rose Point and some fun and games will follow.

Friday will be the final assembly and will commence at 10:00 am and will be the final day for Year 12 at Singleton High School.

Enjoy your final weeks at Singleton High School Year 12.

Bob Collins and Maddie Valentine, Year Advisors

Captains Nominations

Our school captain nominees have been through the selection process in the past few weeks which culminated in the captains’ speeches. The election process begins with each candidate submitting a nomination form and a letter in which they address the criteria that is required to be elected as a school captain. The next stage is a formal interview panel and then they are required to address the school at the captains assembly and present a speech as to why they would be the best captain for Singleton High School.

The voting process then takes place with staff and students placing a vote and from there the captains and vice captains are awarded.

2016 Captains elected by the student body are Laura Avard and Zac Taylor and our Vice Captains are Ebony Ford and Jackson Kolatchew. Congratulations to our new captains and thank you to Emma, Zac, Ben, Tamika, Aiden, Joseph for their nominations as well.
The Max Potential Youth Leadership programme came to a climax last Tuesday 25 August at 3pm at the Singleton Diggers Club York St with the Showcase Expo. This was a collective display of the Community Service Project that each of the 6 former and current students executed in the 22 weeks of this excellent leadership programme.

Our 5 current students, Shenae, Cirra, Eliza, Rohit and Logan have spent the last 22 weeks working with their Community Coach to develop their leadership skills and maximise their potential in their personal life. They have set themselves some really good stretch goals and worked away over the duration of the programme to achieve them all.

The Showcase Expo was a fun celebration of the work they all have been doing in the local community and a presentation of their accreditation certificates for both coaches and young adults.

All attendees were very impressed and proud of the young people’s efforts. This programme continues to demonstrate the great future of the youth in the Hunter region in so many different areas of life that they feel passionate and motivated to promote.

For more information on how to be involve next year contact Mr Daniel Mead, russeltrotter@futureachievementaustralia.com.au - 0416 158 024 or Gerard McMillan at the Singleton Diggers club on 02 65 72 26622
On August 16, we lost our beloved Uncle Les Elvin. Uncle Les was a proud Wonnarua man, and a big part of the Aboriginal community. He was a descendant of the Wonnarua people.

Uncle Les was an artist and art teacher who lived in Cessnock. He had a deep love for his art and a commitment to teach the Wonnarua traditions and techniques so they would not be lost. For the last 15 years, after completing an Advanced Diploma in Fine Arts at Cessnock TAFE, Uncle Les has been committed to teaching the traditions and techniques of the Wonnarua people to residents of the Hunter. This commitment led to Uncle Les receiving the NAIDOC Artist of the Year award in 2008.

Uncle Les has taught many school students as well as Aboriginal men at the St. Helliers Correction Centre at Muswellbrook. He realised that his teaching journey had also been one of self-discovery.

One day at Singleton High School he stated, “As I paint and teach, I learn more and more about my people.” “I remember asking my mother one day if I was Aboriginal; I used to think that my uncles who lived on the Karuah River were black from sunburn,” he laughed.

Singleton High School student and aspiring artist Blake Griffiths said he has always been interested in drawing, but not so much in painting. “I have always been interested in art and culture, but having guys like Uncle Les here helps you learn so much more about painting,” he said.

Fellow Student Mel Schulz said we are learning so much about painting and the Aboriginal culture at the same time. “It’s very enjoyable, much better than school work,” she said.

Uncle Les would say that it is very important to keep teaching these traditional techniques as each piece of artwork tells a story and without these stories our history and culture will be lost.

This year at NAIDOC we celebrated Uncle Les and his magnificent art work he painted for our school. As he stated “I feel this is the best work I have ever done.”

The next time you are in the Multi Purpose Centre, take a look again at the beautiful art work at the front and reflect on the life of such a wonderful man who gave so much to our school as an advocate for education and teaching culture through doing.

How fortunate are we to have had such a gentleman involved in our school for such an extensive amount of time, passing the culture on to our next generation.

Sharon Bailey, Kawul
Here we come, Japan!
Thanks to the school’s electronic sign we have been reminded all term that the departure date for the school’s trip to Japan has been getting closer. The 12 students and 4 staff members participating in this trip had the chance to further bond as a group in the school’s kitchens recently thanks to the help from our 2 Japanese exchange students, Miho and Shiori. Miho and Shiori had the challenging task of teaching the group how to cook a couple of favourite Japanese dishes, sushi and okonomiyaki. This was all done under the supportive eye of Mr Means.
Students had fun and shared lots of laughs in the kitchens. Their chopsticks skills have improved and all are excited about their 2 week stay in Japan.
The group will be representing the school in Japan from 20 September and returning to Singleton on 2 October. They will be spending 4 days in the ancient capital of Kyoto, 3 days in the world’s busiest city – Tokyo, before finally settling in to a homestay program in our sister town of Takahata.
Rohit Kulkarni is in Year 10 and was one of our 5 students that graduated from Max Potential program last week. We asked Rohit a few questions.

**How did you hear about Max Potential?**
There was a promotion of Max Potential in an assembly. They were taking names for students who wished to participate.

**Who was your mentor?**
My mentor was Mark Wiblen.

**What was your project about, and what did you have to do?**
My project was “screen free day”. I gave a challenge to the students in Year 10 not to touch any electronic devices. My aim was to send a message to teens on the time they spent on their devices.

**What did you learn from this experience?**
I was very surprised on the statistics of how much time people spend looking at their screens. I wish to decrease the time I now spend on my devices.

**Would you recommend the program to other students and why?**
I would highly recommend this program to others. It provides you with a coach/mentor who helps you to change your weaknesses into your strengths and teach you leadership qualities.

**Do you have any plans for when you finish school?**
I would like to go to university to study either software or astronomy.

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You started at Singleton High School at the end of Year 8, how have you enjoyed being a student here?
I have loved being a student at Singleton High School. It is an amazing school with lots of opportunities.

**Where were you before you came to Singleton?**
I used to live in Launceston, Tasmania and I went to Riverside High School.

**Favourite Music**
I like most types of music but mostly rap.

**What sport do you play.**
I play tennis.

**Names something you cant live without**
My family, friends and tennis.

**Something that makes you happy**
A good vacation with friends and family. Hanging out with my best friends.

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**Soupa Meatballs**

**Ingredients**
- 500g mince steak
- 1 chopped onion
- 2 tbs. chopped parsley and herbs of your choice
- 1 x red chilli
- 1 x grated carrot
- 1 x grated zucchini
- 1.5 cups cooked rice
- 2 tsp worcestershire sauce
- 1 egg slightly beaten
- 90g processed cheddar cheese cut into 12 2cm cubes
- 1 x 425g can tomato soup
- salt & pepper to taste

**Method**
1. Preheat oven to 180C
2. Combine mince steak, onion, herbs, rice, egg, worcestershire sauce, salt & pepper, carrot, zucchini and chilli in a large mixing bowl & mix well.
3. Divide mixture into 12 and mould each portion around a cheese cube to create a meatball with a cheese centre. Place in a lightly buttered casserole dish.
4. Cover meatballs with tomato soup
5. Bake for 45 minutes
Congratulations to all of Year 10 for their outstanding dance performances this week as part of their practical assessment task. Due to the success of this event, it will mark the beginning of our annual creative dance performance. Throughout the term, students from Year 10 have choreographed their own performance incorporating elements such as timing, group dynamics, use of space, originality, costuming and props and overall entertainment factor. Along with the features of dance this task promoted team work, cooperation, leadership, resilience, breaking down barriers and all students met the challenge of stepping outside of their comfort zone.

We saw fantastic performances with some classic dance moves from the chicken dance and nutbush through to new age funk and hip hop. A range of tunes from artists such as Beyonce, George Michael, Spice Girls, Michael Jackson, Soulja Boy, The Rednecks, Daddy Cool and Backstreet Boys to name a few had the audience up out of their seats enjoying the atmosphere for the entire day.

The students have worked extremely hard on their routines and they all did themselves proud. An enjoyable day was had by all, and 2015 class of Year 10 have set a very high standard for the years to come. The PDHPE faculty and other staff members were blown away by the commitment and the positive vibe as all students supported and encouraged each other.

Well done!!

Clemma Mansfield, PDHPE
The Melbourne Cup made a stop on its tour of Australia at Singleton High School on Tuesday 25 August. The cup was brought to the school by Victorian Racing Club representative Joe McGrath and jockey John Marshall, who rode the horse “Rogan Josh” to victory in 1999.

Here are some fun facts about the race that stops a nation:

• The crowd at the first Cup was a measly 4000
• In 1875, the Cup was run on a Tuesday for the first time
• Just five horses have won more than one Cup. Apart from Makybe Diva, they were Archer (1861 and 1862), Peter Pan (1932 and 1934), Rain Lover (1968 and 1969) and Think Big (1974 and 1975)
• Six grey horses have won the Cup including “Subzero” in 1992
• No trainer has half as many winners as Bart Cummings 12. Lee Freedman and Etienne de Mestre are closest, with five each
• The first winner, Archer, is said to have walked from Sydney to Melbourne in 1861, and again in 1862. Some spoilsport historian now reckons he went by boat. Pfft!
• Archer (1862) and Rain Lover (1968) hold the greatest winning margin of eight lengths
• World War I and World War II stopped most major sport in Australia, but never the Melbourne Cup
• No horse has won from barrier 18 (right) since barriers were first introduced in 1924
• The greyhound Melbourne Cup is also run in November
• Last year’s Cup brought 26,000 international and interstate visitors to Melbourne and injected $155 million into the Victorian economy
• The saddlecloth numbers 4 and 12 have won the Cup a record 11 times
• Jockeys in Victoria must have blood-alcohol readings under 0.02
• The phrase “The Race That Stops A Nation” is a trademark of the Victorian Racing Club
• The photo-finish camera was first used in 1948, giving “Rimfire” victory over “Dark Marne”. It was later found the camera was aligned incorrectly, but the result stood
• Long before “Delta Blues” won the 2006 Cup, “Delta” won the 1951 Cup. Oh, and Delta Goodrem sang the national anthem in 2007
• Three-time winner “Makybe Diva” takes the first two letters from the names of millionaire owner Tony Santic’s employees Maureen, Kylie, Belinda, Diane and Vanessa
• British model Jean Shrimpton shocked Flemington by wearing a miniskirt in 1965. She also wore no gloves, hat or stockings. The scandal is often wrongly reported as having happened on Cup day. In fact it was Derby day, three days earlier
• In any given year, there are about 32,000 active racehorses in Australia. More than half of them have never won a race
• Phar Lap’s heart was 6.2kg. The average horse heart weighs 3.2 kg.
SPRING HOLIDAY CAMPS
DON’T MISS OUT

✅ New friendships ✅ Fun
✅ Great value ✅ Safe

Our popular Spring Kids’ and Family Holiday Camps are filling fast. Find out what’s on including our popular Cooking 4 Kids, Adventurer, Kids’ Club and Duke of Edinburgh camps plus lots more.

Led by qualified instructors, you can rest easy knowing your kids are in safe hands. Our Kids’ Camps are suitable for kids aged 7 and over and range from 1 to 5 days.

Residential Kids’ Camps include:
- 24 hour supervision
- Instructor led activities
- Accommodation
- Meals
- Supervised transport

Family Camps include:
- Instructor led activities
- Meals
- Accommodation
- Use of all facilities i.e. BBQ area, pool, tennis courts etc.

sportandrecreation.nsw.gov.au/kidscamps
sportandrecreation.nsw.gov.au/familycamps
fb.com/nswsportandrecreation

UNGOOROO
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YOUTH SUPPORT PROGRAM
FOR THE UPPER & LOWER HUNTER

Providing strengths-based, client-focused casework & support for Aboriginal & Torres Strait Island Youth

Referrals can be made via;
PHONE 6571 5111
FAX 6571 5777
EMAIL admin@ungooroo.com.au
**Buckley Boys win Again**

After a long trip from Young, Young High School started the game well with both teams showing some tough defence and strong running. It was some powerful running by Maui Carroll and the introduction of Michael West that lifted the Singleton side with first points coming through Jack Turner. Singleton then got in the grind and completed sets which lead to Tom Caia-Mandra crashing over under the post for Singleton’s second. Minutes later Isaac Martin showed excellent vision jumping out of dummy half on the last tackle and putting Caia-Mandra over for his second. Singleton lead at half time 26-0 after Kobe Davies crossed and Brendan Chalker convert all four tries and kicked a penalty goal.

Young started the second half well and some ill discipline from Singleton gave the Young side valuable field possession, allowing them to cross for their first. The game then went try for try with two further tries to Singleton through Cooper Stair and Brendan Chalker. The final score Singleton 36 def Young 14 in what was a great team performance from Singleton.

The Singleton side will now travel to Campbelltown to play Merrylands High School on Wednesday 9 September. This will be at Campbelltown Sports Stadium with a 10:30am kickoff. This is the NSW Comprehensive High School Buckley Shield Final.
What a day. This has been the most successful Tommy’s Day ever. Three months of hard work, by the Student Council, culminated in an extraordinary afternoon of fun and goodwill by students and staff at our school. There are many really worthwhile causes which require donations to survive, but raising money for research into a treatment and cure for cancer in children, has become a focus at our school over the past nine years. We all know someone who has been affected by cancer of some sort and so it becomes a very personal issue to us all.

It would be remiss of me not to mention by name, several of those students directly involved in organising Tommy’s Day this year. Two TD meetings a week, as well as the two SRC meetings, involved a lot of hard work to ensure the day was a success.

SRC president Jonathan Ruigrok worked tirelessly on Tommy’s Day setting up, working on the BBQ as well as other events, and then staying back to clean up the school. Jonathan was joined by the SRC and student volunteers, led by Khloe Kaiserfeld, Renae Burrows, Tayla Wynyard and Georgia Foster. Unfortunately I cannot mention everyone but this was a huge team effort.

The talent quest provided the ideal start for the day with a large number of courageous students participating. Led by “The Voice” star Sarah De Bono and her partner, it captivated students from the opening performance. Everyone was a winner with heaps of prizes for all those competing. “Southern End” opened the entertainment in West Quad after the Talent Quest, proving a big hit with students. While they were playing, a number of students were having their heads shaved and cut after collecting sponsorship for The Cancer Council. Full credit to the boys and girls who made the heroic decision to wear the symbol of their support, for many months to come.

Tim Merrick brought in his workmates from the SES to demonstrate the equipment they were able to purchase with funds raised by the SRC with their “SOS for the SES” campaign. Absailing down “A” Block drew a huge audience of students and along with the demonstration by the Rural Fire Service provided plenty of entertainment for students. A huge thanks must go to all those who made the day a success. The day would not have enjoyed the success it did if faculties and leadership groups had not organised stalls, face painting and fun games for students.

Special thanks should be reserved for the students of Singleton High School who were able to embrace this day with enthusiasm and in the spirit it was meant to represent.
Tommy’s Day Photos
Creating bird attracting gardens
A Sustainable Singleton event
Shelomi Doyle from Muswellbrook Forest Nursery is an expert on gardens and plantings that provide habitat for fauna and that boost biodiversity. She’ll give advice on plantings using natives for projects such as windbreaks, shade and shelter and regeneration of corridors.

Thursday | 17 September | 6pm to 8pm
Bookings Essential

HSC Library Lock ins
Singleton Library is offering students studying for HSC exams the opportunity to ‘lock’ themselves in the library until late. Tutor support will be provided... as will free Domino’s pizza. Sessions on offer are:

Wednesday | Sept 30 | Maths tutor available
Thursday | October 1 | Maths tutor available
Wednesday | October 7 | English tutor available
Thursday | October 8 | Science tutor available
All sessions are from 7pm to 11pm

Art Exhibition | Erwin Z. An alternate view
Erwin Zehentner is an artist with a strong and distinctive view expressed through both paint and sculpture.
Exhibition Launch | Thursday 1 October
6pm to 8pm | Bookings Essential

Support for online job seekers
Book into a session of this program if you are having issues in applying for a job online. Numbers will be kept low to allow library staff to offer personalised assistance. Runs the first Thursday of each month.

Thursday | September 3 | 10am to 12pm
Bookings Essential

Wellbeing @ Singleton Library
Meditation
Kerrie Basha’s meditation circle leaves you feeling clear, grounded and refreshed.
15 September | 6pm to 7pm | $5 | Bookings essential

Introduction to Yoga
Dru Yoga can help increase energy levels, ease back pain and wash away stress.
25 September | 6pm to 7pm | $10 | Bookings essential

Fundraising for the School of St Jude
Announcement of of colouring-in competition winners at Singleton Library.
Monday | 31 August | 6.00pm

Free hearing tests
Free hearing test for anyone over 26. OHS vouchers supplied for pensioners to obtain free services under the National Hearing Care program. Organisation of hearing aid fitting and follow ups.
Tuesday | 15 September | 10am to 12.30pm

Learner Sewing Group
Bring along your sewing project for expert tips and advice by local seamstress Sarah Oxide. Meets in the library Group Study Room the 2nd and 4th Tuesdays of the month.

Tuesday | September 8 and 22 | 10am to 12pm

History Week
The library will offer a range of exhibitions and events. Information can be obtained from the History Week booklet or via our website.

Learner Sewing Group
Bring along your sewing project for expert tips and advice by local seamstress Sarah Oxide. Meets in the library Group Study Room the 2nd and 4th Tuesdays of the month.

Tuesday | September 8 and 22 | 10am to 12pm

Order free Hearing Aid Fitting Kit
A kit will be available to help you order a new hearing aid.
Saturday | 16 September | 10am to 12pm

Free hearing tests
Free hearing test for anyone over 26. OHS vouchers supplied for pensioners to obtain free services under the National Hearing Care program. Organisation of hearing aid fitting and follow ups.
Tuesday | 15 September | 10am to 12.30pm

History Week
The library will offer a range of exhibitions and events. Information can be obtained from the History Week booklet or via our website.
History Week at your Library

Official Launch 4 September | 6:30pm

Joint Exhibition 4 - 20 September

Hunter collector, Keiran Jeffriess memorabilia exhibition, “Who We Were” accompanied by “Australia’s forgotten Anzacs: lost images from Australia’s first conflict - the fall of German New Guinea”, a Newcastle University Gallery & Cultural Collections travelling exhibition. Light refreshments provided.

Captive in Neglect: Comparisons of the Australian experience in POW Recovery after the Second World War

More than 30,000 Australians endured captivity during the Second World War. History Council of NSW guest speaker, Bryce Abraham will talk about the comparisons of captivity in the aftermath of the Second World War.

Bryce Abraham is a PhD candidate in history at the University of Newcastle, where he is a recipient of an Australian Postgraduate Award.

9 September | 6:30pm - 7:30pm
Light refreshments provided

Duntroon: an Artist’s Impression
18 September | 11am
Join local artist Vivien Dwyer for a visual presentation about how the book came to be and its connection to Singleton and Governor-General Sir Peter Cosgrove. Morning Tea provided.

Bookings Essential
Careers News

Universities

On-Campus Accommodation at Warrane College UNSW for 2016

Warrane is a residential college affiliated with UNSW which offers its residents a more complete university experience.

Residents are encouraged to develop academically, culturally, socially and on the sports field. We run a number of extra-curricular programs to develop a sense of leadership and community service among residents, including a yearly overseas workcamp.

- Residential and academic tutors
- Weekly VIP guests and industry connections
- Fully catered and affordable fees
- Wide range of accommodation scholarships

Check out our website for more details: www.warrane.unsw.edu.au

UNSW: Luminocity Workshops and Information Sessions

Career Advisor Luminosity Tour: Thu 10th September, 4.30pm – 6.30pm
High School Parent Information Evening: Wed 16th September 6.30pm – 8.30pm
Interdisciplinary Workshop & Tour: Fri 18th September, 9.00am – 1.00pm
Architecture Workshop & Tour: Mon 21st September, 9.00am – 1.00pm
Computational Design Workshop & Tour: Mon 21st September, 12.00pm – 3.30pm
Interior Architecture Workshop & Tour: Tue 22nd September, 9.00am – 1.00pm
Industrial Design Workshop and Tour: Thu 24th September, 9.00am – 1.00pm
Planning Workshop and Tour: Mon 28th September, 9.00am – 1.00pm
Gallery, Ground Floor, West Wing, Red Centre Building, UNSW Kensington

As part of UNSW’s Luminocity, a number of workshops and information sessions will be held to inform prospective students about all of UNSW’s built environment degrees.

https://www.futurestudents.unsw.edu.au/alternative-admissions-workshop

UNSW Scholarships and Co-op Program Google Hangout 2015

Wed 16th September, 6.00pm – 7.00pm
Get all scholarship related questions answered before the deadline.
https://plus.google.com/u/0/events/chb9oa5hed26sa5p8rbgjiam05nk

Macquarie University: 2016 Undergraduate Scholarship Booklet

Each year Macquarie University awards scholarships based on equity, financial need, academic excellence and sporting achievement.

To learn more about these scholarships, view their 2016 undergraduate scholarship booklet:
http://students.mq.edu.au/opportunities/scholarships-and_prizes.jsp

The University of Sydney: Sydney Scholars Awards

Applications open in September for study in 2016. Submission should be made to UAC by Fri 30th October. The Sydney Scholars Awards offer Year 12 students commencing studies in 2016 the opportunity to apply for scholarships ranging from $6,000 to $10,000 in value, for up to 5 years of study. As part of the selection criteria, applicants are required to achieve an ATAR of 95 and above, or 90 and above if they are applying to the Sydney Conservatorium of Music.

UNSW: HSC Plus

HSC Plus is designed to reward strong performances in HSC subjects relevant to UNSW undergraduate degrees.

Domestic students who complete the HSC and perform well in subjects that are relevant to their preferred UNSW degree may be awarded a maximum of 5 bonus points.
http://www.unsw.edu.au/domestic-undergraduate/hsc-plus

UNSW Elite Athletes and Performers Program

Applications for 2016 close Mon 30th November
The Elite Athletes and Performers (EAP) Program supports students with a flexible entry process that recognises both academic and elite achievements by awarding bonus points. UNSW also offers flexible study arrangements and support for elite athletes and performers who wish to continue their elite commitments while studying at UNSW.
http://www.unsw.edu.au/domestic-undergraduate/elite-athletes-and-performers-program

UWS Observatory: School Holiday Astronomy Nights

Checking Out Our Neighbours: Sat 26th September, 7.00pm – 9.00pm
The Lives of Stars: Sat 3rd October, 7.00pm – 9.00pm
The evenings will include a 3D astronomy movie, a tour of the dome area, and an opportunity to view the night sky through the observatory’s telescopes.
http://www.uws.edu.au/observatorypenrith/uws_observatory_-_penrith_campus/whats_on

Charles Sturt University: Online Chat

Early Entry, Offers and Student Life: Thu 10th September, 2.00pm – 4.00pm
Offers, Accommodation and Scholarships: Mon 7th December, 2.00pm – 4.00pm
ATARs: Mon 21st December, 2.00pm – 4.00pm
Chat to student advisers and current students online to learn more about CSU.
https://www.facebook.com/csufuture/events
UTS: International Students’ Info Day  
Thu 17th September, 10.00am – 1.00pm, UTS Tower Building, Front Entrance Area, Broadway, Ultimo  
An opportunity to learn about courses, visas, support services, and student life at UTS.  
http://www.uts.edu.au/future-students/international/international-events/australia/international-students-info-day

UTS: Facebook Live Q & A  
HSC Live Q & A: Thu 8th October, 6.00pm – 8.00pm  
Advanced English Live Q & A: Thu 8th October, 6.00pm – 8.00pm  
Economics Live Q & A: Wed 14th October, 6.00pm – 8.00pm  
Mathematics Live Q & A: Mon 19th October, 6.00pm – 8.00pm  
Chemistry Live Q & A: Wed 21st October, 6.00pm – 8.00pm  
Physics Live Q & A: Fri 23rd October, 6.00pm – 8.00pm  
ATAR Live Q & A: Thu 17th December, 9.00am – 5.00pm  
Speak to HSC markers and teachers a few days before your HSC exam.  
https://www.facebook.com/UTSFutureStudents/events

UTS: Nursing Discover Session  
Wed 25th November, 5.30pm, UTS Broadway  
An interactive session allowing attendees to speak to staff & students.  

ANU: Engineering and Computer Science Special Admission Scheme  
Applications close: Fri 4th December  
Students who are not expecting to achieve the required ATAR for entry into the Bachelor of Engineering, Bachelor of Advanced Computing, or Bachelor of Software Engineering, may apply for entry through the special admission scheme. To qualify for the special admissions scheme, applicants are required to demonstrate excellent academic performance in disciplines relevant to the study of engineering and/or computer science, leadership and community service, as well as strong commitment to engineering and/or computing.  
Applicants who wish to be considered under the Special Admission Scheme will need to submit an online application. https://cecs.anu.edu.au/future_students/sas

The Good Universities Guide 2016  
The Good Universities Guide allows prospective university students to compare undergraduate study options using criteria such as entry requirements, student experience, and graduate outcomes including salaries and career prospects.  
Cost: $24.95  

The Good Universities Guide: An Insider’s Guide to Life at Uni  

Career FAQs: 10 Arts Degree Majors you might not have considered  

TAFE & Apprenticeships  
Glencore Mining Apprenticeship Cobar  
Glencore’s copper mine in Cobar, is currently seeking apprenticeship applications for its 2016 intake. Apprenticeships are available in the disciplines of Electrical, Fitting & Machining, Metal Fabrication & Welding, and Heavy Vehicle Diesel Fitter. Glencore are looking for applicants who have positive school reports and references, a strong work ethic, a mature attitude, and solid communication skills.  

Private Colleges  
Australasian International Academy: Child Care Holiday Program  
Students complete a Certificate III in Early Education and Care during the school holidays to gain a nationally-recognised childcare qualification by the end of Year 11. Students may complete the course by correspondence and are guaranteed work placement at any of the organization’s 29 child care centres located in the Hills District, North Shore and Central Coast of NSW.  
Contact: Kylie Guymon on 0439 999 134

Endeavour College of Natural Health School Leaver Scholarship Program  
Applications close: Mon 30th November  
Full scholarships are available to school leavers looking at studying the Bachelor of Health Science at one of endeavor’s six campuses in 2016. Scholarships will be awarded based on applicants’ academic achievements in science, involvement in extra-curricular activities, communication skills, leadership qualities, and passion for the health industry.  
http://www.endeavour.edu.au/scholarships

APM College of Business and Communication Scholarships 2016  
Applications close Mon 14th September  
Scholarships are available in Marketing, Business, Event Management and Public Relations. Applicants will be required to respond to an industry brief by completing a small project associated with their area of interest. Applicants will then present their response to the industry brief during the one day workshop held at APM.  
http://www.apm.edu.au/apply-online/scholarships

William Blue College of Hospitality Management Scholarships 2016  
Applications close: Mon 14th September  
Scholarships are available in Hospitality Management, Event Management, Tourism Management and Commercial Cookery. A William Blue Industry Partner from each of these industries will assist in the awarding of the industry scholarships.  
http://www.williamblue.edu.au/apply-online/scholarships

Endeavour College of Natural Health School Leaver Scholarship Program  
Applications close: Mon 30th November  
Full scholarships are available to school leavers looking at studying the Bachelor of Health Science at one of endeavor’s six campuses in 2016. Scholarships will be awarded based on applicants’ academic achievements in science, involvement in extra-curricular activities, communication skills, leadership qualities, and passion for the health industry.  
http://www.endeavour.edu.au/scholarships

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Scholarships are available in Hospitality Management, Event Management, Tourism Management and Commercial Cookery. A William Blue Industry Partner from each of these industries will assist in the awarding of the industry scholarships.  
http://www.williamblue.edu.au/apply-online/scholarships

CATC Design School: Day in the Life of a Designer Workshop  
Sat 26th September, 9.30am – 4.00pm, 46-52 Mountain Street, Ultimo  
An interactive and hands-on design discovery workshop
where students can get an idea of a career in either Communication, Graphic Design, Photography, Branded Fashion, Interaction Design, Motion Design, 3D Design and Animation.


APM College of Business and Communication: Day in the Life
Thu 24th September, 10.00am – 4.00pm, The Rocks Campus, 1 – 5 Hickson Road
View college facilities, participate in a leadership and project style management workshop with lecturers, and work on real-life case studies with PR and marketing.


William Blue College of Hospitality Management: Day in the Life
Tue 22nd September, 10.00am – 4.00pm, The Rocks Campus, 1 – 5 Hickson Road, The Rocks
Participate in practical workshops, view the facilities, enjoy a meal from the student-run restaurant, and attend a Q and A session.
Contact: 1300 851 23 or enquiries@williamblue.edu.au


ACPE: Campus Tours
Thu 10th September, Tue 15th September, Thu 24th September, Tue 29th September, 1 Figtree Drive, Sydney Olympic Park
In addition to a tour of the facilities, attendees may also view a presentation about the programs and degrees on offer.


Canberra Academy of Dramatic Art: 2016 Diploma of Musical Theatre Audition
Sat 5th September, 2.00pm, 1/9 Lithgow St, Fyshwick ACT
A full-time course offered four days per week, 9.00am – 5.00pm. Prospective students must have completed the Year 10 certificate and be over 16 to apply.


Other News

Engineers Australia: Experience It! Student Conference 2015
Thu 1st October, 8.45am – 4.00pm, Colombo Building, Gate 4 University of NSW Kensington
An opportunity for female students in Years 9 – 12 to participate in hands-on workshops and team-based activities exploring various applications of engineering. Attendees will also learn about the possible careers in engineering by hearing from current engineering students and industry representatives.


Students 4 Students National Leadership Conference
Sat 26th & Sun 27th September, University of Wollongong
This two-day conference held at the University of Wollongong brings together young aspiring leaders from all across the country. Students will participate in lectures, forums and workshops, and will also get the chance to network with speakers and fellow students.

http://studentleaders.org.au/

UN 2016 Youth Rep
Applications close: Sun 20th September
The Australian UN Youth Rep travels across the country on a national listening tour to discover what matters most to young Australians. The youth rep then reports back, sharing their stories in the media, with national leaders and other influences. As part of the role, the youth rep travels to New York with the Australian delegation to the United Nations to present important issues to the UN General Assembly.

Applicants must be 18 years or over to be considered for the role.


L’Oreal for Girls in Science: Sydney Science Forum 2015
Wed 9th September, 9.30am – 12.30pm, UNSW
An opportunity for females in year 9 – 11, to hear from four inspiring women about their research and experience as women in science. After the forum, students will tour the UNSW campus, guided by PhD students and postdoctoral scientists.


The Australian Institute of Architects: Archi Careers Day
Fri 11th September, 10.00am – 4.00pm, 3 Manning St, Potts Point
Hear representatives from the University of Newcastle, The University of NSW, the University of Sydney, UTS and TAFE, speak about course options. Learn about studying architecture, how to prepare a portfolio, flexible pathways to studying architecture, research, and opportunities available.


NSW Mounted Police Open Day
Sat 12th September – Sun 13th September 10.00am – 2.00 pm, 7 Baptist Street, Sydney
View the stables, see displays from other Police units, and see the horses in action.

https://www.facebook.com/events/600761540058964/

Help Exchange
If you’re interested in taking a gap year, check out Help Exchange. It is an online listing of host organic farms, non-organic farms, farmstays, homestays, ranches, lodges, B&B, inns, backpacker hostels and even sailing boats who invite volunteer helpers to stay with them short-term in exchange for food and accommodation.

https://www.helpx.net/
**Occupational Therapy Australia**
This website offers a list of universities around Australia that offer entry level courses into Occupational Therapy. http://www.otaus.com.au/work-or-study/university-programs

**Speech Pathology Australia**
This website provides information about a career in Speech Pathology as well as a list of University courses that will get you into the field. A multimedia presentation also provides more information about career opportunities. http://www.speechpathologyaustralia.org.au/education-and-careers/career-opportunities

**My Health Career: Six places where you might find an occupational therapist**

**Student Edge Career Profiles**
Ever wanted to know what it is really like to be a police officer? Engineer? Hairdresser? Check out a day in the life of a whole range of careers at Student Edge. These are real people with real stories. http://www.studentedge.com.au/video-pages/career-videos.aspx

**Strange Nature Synthetic Biology Competition**
Entries close Monday 5th October
“Identify a current biological, environmental, or medical issue and discuss a genetically modified organism that might provide solutions”. Students are invited to answer this question in either a multimedia presentation (5 minutes max), or a written response (1000 words). http://strangenature.org/competition.html

**US Summer Camp Information Nights**
Wed 16th September, 6.30pm – 7.30pm, Eastlake Football Club, 3 Oxley Street, Griffith, ACT
Wed 16th September, 6.30pm – 8.00pm, 301 George St, Level 8, Suite 811, NSW
Learn about the USA and Canada counselors program. https://www.facebook.com/ccusa.australias.events

**IEP Work Adventures Worldwide: Information Evening**
Work USA: 6.00pm – 6.30pm
Work Britain and Work Britain Kick Start: 7.30pm – 8.00pm

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**Year 12 Save the Dates**

15 September 2015
Yr 12 end of year excursion

17 September 2015
End of year activity day

18 September at 10am
Final assembly

12 October
HSC starts

9 November
Official sign out day and return of text books

11 November 2015
Year 12 formal

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**AU Pair in America: Online Information Session**
Wed 23rd September, 8.00pm
Learn more about working as a live-in nanny in the USA by speaking to Au Pair in America specialists. https://www.facebook.com/AuPairInAmericaAU/events

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Singleton Junior Touch
Online Team Registrations
www.singletonjuniors.touch.asn.au

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**After Dark**
ALL AGES FLIP OUT PARTY FEATURING DJ KÄHTELLE
FRI 11 SEP 2015, 7pm–12am

- Ultraviolet face painting, games and prizes
- Access to the arena throughout the evening
- 2 slices of pizza and a bottle of water
- Passes (available in store only):
  - Flippers $35 (pre-event), $40 (at the door)
  - Non-Flippers $20

Supervising parents enter for FREE. This is an alcohol and drug free event. Terms and conditions apply. See in store for details.
ACE THE HSC!

STAY AND STUDY AT MACQUARIE UNIVERSITY

✔ July HSC Trial Preparation Lectures
✔ September HSC Workshops

Advanced English • Ancient History • Biology • Business Studies
CAFS • Chemistry • Economics • Legal Studies Mathematics
Mathematics – General • Mathematics – Extension 1 • Modern History
PDHPE • Physics • Standard English • SOR

On campus accommodation for HSC Students

HSC STUDY DETAILS

✔ July HSC Trial Preparation Lectures
✔ September HSC Workshops

• Study at Macquarie or UTS campuses
• Hear from Senior HSC teachers/markers before your exam
• To view the timetable go to www.hscintheholidays.com.au

ACCOMMODATION DETAILS

• Safe & Secure accommodation in the heart of Macquarie University
• Private rooms, most with their own bathrooms
• 3 meals provided every day
• All linen and towels provided
• Full access to all Macquarie University resources and recreational facilities
• To view the accommodation details, go to www.rmc.org.au

PRICING

• Accommodation, including meals and linen, is just $49.50 per night.
• July lectures and/or September workshops can be booked for whatever subjects you choose.
• Prices for the July lectures start at $20 per subject

For further details, go to www.hscintheholidays.com.au, call 1300 677 or email info@hscintheholidays.com.au
Schools Recommendation Scheme
The much anticipated information around the UON Schools Recommendation Scheme (SRS) is now available. Student applications will be reviewed based on the following criteria:

- Evidence such as the student’s performance in relevant subject areas and prior year performance will be required
- Students will normally have experienced some disadvantage or other interruption to their studies in their time at the school
- Students will need to achieve an ATAR (or predicted ATAR) in a range close to that normally required for admission, or have sufficient evidence from the relevant high school to justify admission to their program of choice

See our degree filter for a list of eligible programs. Applications close on 30 September 2015.

Teaching Degrees
There have been changes to the entry requirements for all teaching degree programs. For applicants who meet the admission requirements of the University, the following BOSTES approved entry pathways apply to undergraduate Bachelor of Teaching (Honours) programs:

- Applicants who have achieved three HSC Band 5s with one of those in English* will be admitted directly into the Bachelor of Teaching (Honours) program of their choice.* For students lacking just one Band 5 result in English, there is an opportunity to enrol in a summer English course (10 units). Completing this course with a “Pass” will be comparable to achieving the Band 5 in English.

- Applicants who have not achieved three HSC Band 5s with one of those in English will be admitted to an 80-unit first-year Discipline Studies pathway inside the Bachelor of Teaching (Honours) program of their choice. For applicants in this category, progression to second-year is contingent upon passing an approved 80-unit discipline studies pathway.

HSC in the Holidays
UON will once again host HSC in the Holidays study workshops in the September/October break. The workshops give Year 12 students the opportunity to learn more about selected HSC subjects right before they sit their HSC exams. Further details can be found by visiting HSC in the Holidays.

Campus Accommodation
Living on campus can be a great way to meet people and really embrace campus life. Applications for 2016 accommodation open on 1 October, 2015.

Degree updates

Bachelor of Business, NEW Sports Management Major
Commencing in 2016, Sports Management will be offered as a major through the Bachelor of Business. The major offers students the opportunity to undertake courses that include sports operation management; volunteerism and volunteer management; facilities management; sports leadership; and a work integrated learning course.

Bachelor of Commerce, NEW Actuarial Studies and Risk Management Major
Actuarial studies and risk management will now be offered at UON through the Bachelor of Commerce. This major brings together mathematics, statistics, economics and finance to provide students with the technical and professional skills to solve both traditional and non-traditional actuarial problems in practice.
supporting our community

We are committed to providing career opportunities to local people in the areas where we do business.

let us introduce ourselves

The MJH Group is an Australian owned company specialising in building innovative and affordable homes throughout NSW, QLD and ACT.

Established in 1987 as McDonald Jones Homes, the business has developed an enviable reputation for building excellence and has been the proud wearer of multiple awards along the way. Building everything from introductory three bedroom single garage homes through to spacious country manors, our design portfolio consists of stylish single level, split level homes to spacious country manors.

Over 25 years of experience in the industry has enhanced our skills and taught us a lot along the way. Now with over 360 permanent staff and over 2,000 subcontractors, we are ready to introduce ourselves to you.

looking for a place to call home?

The MJH Group Cadetship Program offers an exciting career opportunity in the residential building industry. If you are motivated, passionate, willing to learn, and have an interest in this industry, we may have the career for you.

Applications are invited from students who are completing their HSC this year and those who have completed their HSC in the past 2 years.

ABOUT THE PROGRAM

We offer a number of Cadetships that align with our company needs. Upon successful completion of the program, Cadets will have completed a Certificate III in Business and a Certificate IV in Building and Construction (Estimating).

Cadets will often have the opportunity to rotate through different departments within the company including Sales, Customer Service, Sales Estimating and Production Estimating. This will enable the Cadet to gain a broad range of skills and experience as well as unparalleled exposure to the residential housing industry.

WHAT'S IN IT FOR YOU?

• On the job training
• Full time employment with superb industry benefits
• A career in the residential building industry
• Achieve two accredited qualifications

When you start your Cadetship with us you are more than just part of the team; at the MJH Group we treat one another like family.

apply now!

ARE YOU IN YEAR 12?
WILL YOU BE COMPLETING THE HSC THIS YEAR?
HAVING RECENTLY COMPLETED YOUR HSC?

ARE YOU INTERESTED IN AN EXCITING CAREER WITH ONE OF THE MOST TRUSTED AND SUCCESSFUL HOME BUILDERS IN THE COUNTRY?

THEN APPLY FOR A CADETSHIP WITH MCDONALD JONES IN THE MJH GROUP.

For more information on our company visit mcdonaldjoneshomes.com.au or call Mark Maguire on 02 4918 2645 for more information on the Cadetship Program.

02 4918 2645
mcdonaldjoneshomes.com.au
Head office: 9B Huntingdale Drive, Thornton NSW 2322

we are with you every step of the way

You will never be on your own at the MJH Group. There will always be someone supervising you to make sure you are working safely and learning valuable skills that will help you to successfully complete your Cadetship.

You will be provided with training and ongoing support to help you expand your skills, hone in on your interests and grow your knowledge of the residential building industry.

The MJH Group will monitor our Cadets during the program to ensure the Cadet is progressing to their highest potential.

The MJH Group will provide mentoring, guidance and ongoing development.

If you are looking for a place to call home, you are looking for a future in the building industry, we may have the career for you.

Let us introduce ourselves.

We are committed to providing career opportunities to local people in the areas where we do business.

WHAT CAN YOU EXPECT AT OUR PLACE?

SAFETY
First consideration in all we do

HONESTY
Honesty is the key to everything we do

PEOPLE
We treat employees like family, customers like guests

QUALITY
It's all in the details

TEAMWORK
It's not about individuals, it's about team work

RESPONSIBLE
Deliver on promises, acknowledge mistakes

CUSTOMER SERVICE
Deliver an unforgettable customer experience

2015 IPROWD EDUCATION AND TRAINING PROGRAM

The Australian Government, the NSW Police Force, TAFE NSW and Charles Sturt University are working in partnership to offer IPROWD training programs across NSW which will assist Aboriginal people to gain entry into the NSW Police Force.

In preparation for 2015 Expressions of Interest are now being taken from potential applicants to register.

Courses in 2015 may be located at a range of locations across NSW. Applications for 2015 courses close Friday 21 November 2014.

For more information:
1300 830 177 www.iprowd.tafensw.edu.au iprowd@tafe.nsw.edu.au

McDONALD JONES & THE MJH GROUP.

For more information on our company visit mcdonaldjoneshomes.com.au

mcdonaldjoneshomes.com.au
Head office: 9B Huntingdale Drive, Thornton NSW 2322

2015 IPROWD Courses

DO YOU WANT A CAREER IN THE NSW POLICE FORCE?
**BMIHMS ANNOUNCES $20,000 SCHOLARSHIP FOR NSW STUDENTS**

AHA NSW has teamed up with the Blue Mountains International Hotel Management School (BMIHMS) to offer two lucky students from regional NSW the opportunity of a lifetime.

Applications are now open for the 2015 Hospitality Scholarship, which will grant two prospective students – one male and one female - a $20,000 scholarship grant from the AHA NSW Foundation. The lucky recipients will undertake a 2.5 year Bachelor of Business Degree (International Hotel and Resort Management) at BMIHMS; one of the School's most highly sought after degrees on offer at the Number 1 Hospitality Management School in Australia and Asia-Pacific.

The scholarship grants will go towards assisting with the cost of accommodation associated with the degree.

Applications are now open to any male or female living in NSW, and close on Friday 25 September 2015.

---

**2016 UNDERGRADUATE DEGREES AVAILABLE FOR SCHOOLS RECOMMENDATION SCHEME**

The following degrees are eligible for our Schools Recommendation Scheme for commencement in 2016.

<table>
<thead>
<tr>
<th>CODE</th>
<th>CAMPS</th>
<th>COURSE NAME</th>
</tr>
</thead>
<tbody>
<tr>
<td>482000</td>
<td>Callaghan</td>
<td>B Aboriginal Professional Practice</td>
</tr>
<tr>
<td>482010</td>
<td>Callaghan</td>
<td>B Arts</td>
</tr>
<tr>
<td>482020</td>
<td>Ourimbah</td>
<td>B Biomedical Science</td>
</tr>
<tr>
<td>482050</td>
<td>Callaghan</td>
<td>B Business</td>
</tr>
<tr>
<td>482060</td>
<td>Ourimbah</td>
<td>B Business/Construction</td>
</tr>
<tr>
<td>482100</td>
<td>Callaghan</td>
<td>B Biotechnology</td>
</tr>
<tr>
<td>482150</td>
<td>Callaghan</td>
<td>B Biomedical Science</td>
</tr>
<tr>
<td>482200</td>
<td>Callaghan</td>
<td>B Business Management</td>
</tr>
<tr>
<td>482210</td>
<td>Ourimbah</td>
<td>B Business/B Commerce</td>
</tr>
<tr>
<td>482300</td>
<td>Callaghan</td>
<td>B Commerce</td>
</tr>
<tr>
<td>482310</td>
<td>Ourimbah</td>
<td>B Commerce</td>
</tr>
<tr>
<td>482500</td>
<td>Callaghan</td>
<td>B Design (Architecture)</td>
</tr>
<tr>
<td>482550</td>
<td>Callaghan</td>
<td>B Development Studies</td>
</tr>
<tr>
<td>482620</td>
<td>Callaghan</td>
<td>B Engineering (Honours) (Combined)</td>
</tr>
<tr>
<td>482750</td>
<td>Callaghan</td>
<td>B Environmental Science &amp; Management</td>
</tr>
<tr>
<td>483020</td>
<td>Callaghan</td>
<td>B Food Science &amp; Human Nutrition</td>
</tr>
<tr>
<td>483050</td>
<td>Callaghan</td>
<td>B Information Technology</td>
</tr>
<tr>
<td>483060</td>
<td>Callaghan</td>
<td>B Information Technology/B Business</td>
</tr>
<tr>
<td>483070</td>
<td>Callaghan</td>
<td>B Innovation &amp; Entrepreneurship/B Business</td>
</tr>
<tr>
<td>483100</td>
<td>Callaghan</td>
<td>B Laws (Honours)</td>
</tr>
<tr>
<td>483200</td>
<td>Callaghan</td>
<td>B Mathematics</td>
</tr>
<tr>
<td>483250</td>
<td>Callaghan</td>
<td>B Mathematics/B Computer Science</td>
</tr>
<tr>
<td>483300</td>
<td>Callaghan</td>
<td>B Mathematics/B Science</td>
</tr>
<tr>
<td>483400</td>
<td>Callaghan</td>
<td>B Music</td>
</tr>
<tr>
<td>483500</td>
<td>Callaghan</td>
<td>B Music/B Arts</td>
</tr>
<tr>
<td>483550</td>
<td>Callaghan</td>
<td>B Natural History Illustration</td>
</tr>
<tr>
<td>483600</td>
<td>Callaghan</td>
<td>B Physics (Honours)</td>
</tr>
<tr>
<td>483950</td>
<td>Callaghan</td>
<td>B Psychology (Honours)</td>
</tr>
<tr>
<td>483960</td>
<td>Ourimbah</td>
<td>B Psychology (Honours)</td>
</tr>
<tr>
<td>484000</td>
<td>Callaghan</td>
<td>B Science</td>
</tr>
<tr>
<td>484010</td>
<td>Ourimbah</td>
<td>B Social Science</td>
</tr>
<tr>
<td>484050</td>
<td>Callaghan</td>
<td>B Social Science</td>
</tr>
<tr>
<td>484650</td>
<td>Callaghan</td>
<td>B Visual Communication Design</td>
</tr>
<tr>
<td>488980</td>
<td>Callaghan</td>
<td>Diploma in Languages</td>
</tr>
</tbody>
</table>
### Uniform Shop

**Uniform Price List**

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

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

**Payment**

Cash, cheque or eftpos/credit card facilities available

**Location**

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

**Opening Times**

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

Online orders

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

### Canteen Menu

#### Hot Food

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

#### Rolls

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Salad Roll (with meat)</td>
<td>$5.00</td>
</tr>
<tr>
<td>Salad Tub (with egg)</td>
<td>$5.00</td>
</tr>
</tbody>
</table>

#### Sandwiches

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

#### Brekkie Ideas (before 9.30am)

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hash Browns</td>
<td>$1.00</td>
</tr>
<tr>
<td>Brekky Wrap</td>
<td>$2.00</td>
</tr>
<tr>
<td>Assorted Slice</td>
<td>$2.00</td>
</tr>
<tr>
<td>Muffins/Finger bun</td>
<td>$2.00</td>
</tr>
<tr>
<td>Coffee and Hot Chocolate</td>
<td>$3.00</td>
</tr>
<tr>
<td>Raisin Toast</td>
<td>$0.50</td>
</tr>
</tbody>
</table>

#### Orders only

- Healthy Meal Deal $4.50
- Sandwich, juice and fruit $5.00
- Spag Bog $5.00
- Mac N Cheese $4.00

#### Daily Specials

- Monday: Egg and Bacon Roll $4.50
- Tuesday: Toasties $2.00, Cookies $2.50, Soup n Roll $2.50
- Wednesday: Hot Dogs $3.50
- Thursday: Mini Pizzas $2.50, Chicken and Gravy Roll $5.00
- Friday: Cans of drink $2.50, Powerade $4.00, Dare iced coffee $4.00, Plain milk $3.00

#### Drinks

- Juice (large and small) $2.00
- Mineral water (large and small) $2.00
- 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
- Twisties $1.00

#### Garlic Bread

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

#### Canteen Roster

- Monday 7 September: R Wargan
- Tuesday 8 September: L Knox
- Wednesday 9 September: HELP HELP
- Thursday 10 September: H Forbes, S Cochrane
- Friday 11 September: HELP HELP
- Monday 14 September: K Power, K Hitchcock
- Tuesday 15 September: J Groucutt
- Wednesday 16 September: HELP HELP
- Thursday 17 September: HELP HELP
- Friday 18 September: P Hannan, B Staunton, C Holz