

# SWANSEA HIGH SCHOOL

## Sea Horse News

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RESPECT

RESPONSIBILITY

READY TO LEARN

Issue 7 Term 4 2016

## Students Win Digital Sparks Competition



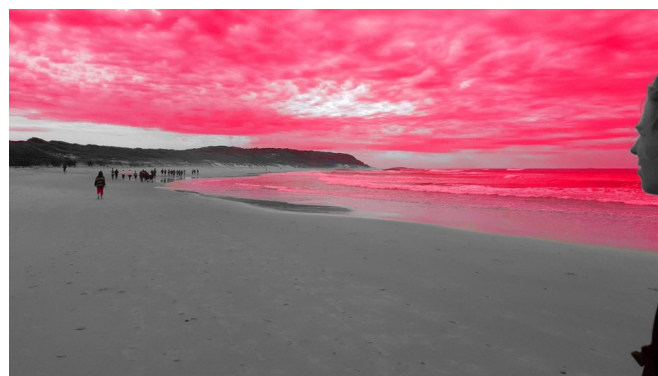
Swansea High School was recently involved in Digital Sparks. Digital Sparks is a regional design and technology challenge and showcase. Students formed groups and designed a project that solves a current issue or problem in today's society. They had to do this with the use of modern technology.

SHS entered two teams. Brayden Macfarlane-Walker together with Philip Nonkovski designed a computer game. Haydn Ellison, Keeley Norton, Shayden Moore and Donald Campbell designed a website. The two teams worked on their project in the last few weeks of term both at school and at home. They put in a lot of effort to present their projects at the showcase which was held at Newcastle University on 12<sup>th</sup> October.

Congratulations to Brayden and Philip who finished first and won a Star Wars App-Enabled Droid, defeating a team from Merewether High School for the crown. Haydn, Keeley, Shayden and Donald finished third.

Well done to all boys and a big thank you to Miss Thompson who accompanied and helped out the teams on the day.

## Art Prize Winners



"Cotton Candy Skies" by Jake Brown.

Jake Brown Yr10 Digital media student has won first place at Finite Art Gallery Caves Beach Student Art Prize during the school holidays.

Other winners include Chloe Hatch, Yr11 Visual Art, who won the senior art prize and Joel Reed was awarded "Highly Commended".

Haylee McInnes Yr10 Digital Media and Krystal Goodman Yr11 Visual Art also exhibited creative photographic pieces.

## From the Principal

Everyone is capable of improving with hard work combined with taking supported risks and we ask our students to do this on a daily basis. We are following our own advice and embarking on the development of a 21<sup>st</sup> Century learning space.

In today's interconnected, technology driven world, learning typically takes place in physical, virtual and remote places. The 21st Century learning space will be an integrated, highly technical environment in which learners learn. The new learning spaces incorporate technologies, engage the learner, creating new learning possibilities, enhancing achievements and extending interactions with local and global communities.

We hope to allow our students and teachers to take risks in their approach to teaching and learning, to move out of traditional modes and explore student centred approaches to investigation, communication, collaboration and creativity, all skills that are essential for the workforce for the future. Although our budget is not huge our imagination and ingenuity are high and we are very excited at the plans we are implementing. Hopefully in our next newsletter I will have some progress shots to show!

## Important Dates

### November

- 1st to 4th** - Years 7 & 8 Science Exam Week
- 2nd** - P&C Meeting 4:45pm in the Common Room
- 2nd** - What's New Program - Year 6
- 4th** - Netball Gala Day
- 4th** - Commerce Biz Fair - Year 8
- 7th** - Years 7 to 10 Exam Week
- 7th** - Immunisations
- 7th** - Years 9 & 10 Science Exam Week
- 8th** - Didgeridoo Tour
- 9th** - What's New Program - Year 6
- 11th** - Premiers Sporting Challenge
- 11th** - Leading With Action Workshop Yr 7 & 10

### December

- 14th** - Annual Presentation Assembly 9:15 AM

# 2016

## Annual Presentation Assembly

Please join us and celebrate the achievements of our students

**14th December**

**9:15am**

*In the School Hall*

More information available soon



### ENGAGING ADOLESCENTS™ PARENT COURSE

*Parenting skills for resolving teenage behaviour problems*

A three-session program for parents and carers  
at the Allambi Care Auditorium  
28 Fraser Parade, Charlestown

When: Monday Evenings 7th, 14th, 21st November 2016

Time: 6.30pm – 8.30pm

Cost: \$20, light refreshments included.

#### Learn:

- ✓ Some common ground shared by parents & reasonable expectations to have about adolescents
- ✓ New understandings of adolescence
- ✓ A three-option model & flow chart for decision-making
- ✓ Self-check-in, first-for parents
- ✓ Building relationship with your teenager and making the best of your non-crisis conversations with them
- ✓ Skills for tough conversations for handling those problems you just can't ignore

#### What parents have said...

*A step dad recalled an incident at the weekend with his 12 year old step daughter. He said that the input he had received the previous week from the course helped him keep his cool and brought a more favourable outcome.*

*A single Mum who had presented as quite anxious on the first night told the group in week 2 that she had made an appointment with her 15 year old son during the week and had had a far more favourable discussion with him than would previously have been the case.*

#### Who's running it?

The trainer for this course is Michael Burke who works as an Adolescent & Family Counsellor in the East Lake Macquarie Local Government Area.

#### Registration is required

Limited spaces are available, please register for this course by contacting Michael ph. 4944 5900 or 0408474602 by 4<sup>th</sup> Nov 2016.

For more information please contact Michael Burke on the numbers above or email michaelb@allambi.org



ALLAMBI CARE

- An end to the arguing and yelling! • It saved our lives • Simple, sane, effective •

This course is being run by a Parentshop® licensed practitioner. [www.parentshop.com.au](http://www.parentshop.com.au)



## Finding their way!

On Friday the 16th September, our two Year 9 PASS classes attended an orienteering excursion at Brickworks Park, Wallsend. The two classes had been participating in orienteering activities at school for 4 weeks, learning the basics of map reading and route planning. These skills were then put into action during a day where they participated in 3 different events and a range of other activities. Students were then rewarded with a BBQ lunch, cooked by Mr Carter and Mr Ewer.

A big thank you to Carolyn from Newcastle Orienteering Club who gave up her time to set the courses and run the activities on the day.

All students enjoyed themselves immensely and applied themselves to the best of their ability in all activities. This led to Carolyn stating in a subsequent email to the school that she "honestly cannot remember a better experience with a group of students over an extended period". An amazing and thoroughly deserved compliment. Well done to all students involved!



## BandFest Winners!

The Swansea High School music ensemble competed in the Hunter Public Schools Band Competition, Bandfest last week. This competition is open to all primary and secondary public schools in our area. The ensemble competed in the developing section and were the winners. They performed 4 songs and represented the school proudly and confidently. They were also able to hear many other bands perform through out the morning. A big congratulations to all involved particularly Kelsey Scott on a wonderful result.



**Like us on Facebook to keep up to date with what is happening at Swansea High School.**

# National Art School

Congratulations to Krystal Goodman for her exhibition of Digital Media work at the National Art School in Sydney during the holidays.

This was the culmination of a two week workshop Krystal attended over the previous two school holidays. Only 30 regional students were selected state wide to attend this intensive HSC workshop in a variety of media.



## Creative Cloud for Students



As part of our enterprise agreement with Adobe, all Swansea High School students are now licenced to install the latest Creative Cloud suite for their BYOD or home computer (*Windows/OSX*) free of charge. Students will need to update their licence annually and will therefore be able to do this as long as they remain public school students.

Students will also be required to create an Adobe ID account, which for students under the age of 13, will require the permission and assistance of their parent/guardian. To assist with and better explain these changes, an FAQ has been developed and included at the OnTheHub store.

## What Kind of Mindset Do You Have?



If you have a growth mindset you believe that through regular practise, hard work and some self-belief you can 'grow your brain'. In concept this is no different to regularly practising to get better at doing a sport or playing a musical instrument.

Research shows that students who have a growth mindset are better learners at school and, importantly, attain better life outcomes. During the course of this year all students at Swansea High have been participating in a growth mindset program. Students in the school's Student Representative Council (SRC) have delivered this training to their peers during roll call on a weekly basis.

The feedback we've received from students has been most positive and we're expecting to see improved student performance over time.

Also, we're delighted with the leadership role shown by the students on the SRC.



# Hands –On Learning at CROSSROADS



Last Friday the 21<sup>st</sup> October, Year 11 students attended a Crossroads day at school. Crossroads is a mandatory program designed to help senior students address issues of health, safety and wellbeing at a time when they face significant changes and challenges in their lives.

The program aims to prepare and support these students as they encounter situations related to meeting their changing responsibilities. The day focused on students thinking about their behaviour on the road. Representatives from a range of services including Belmont Rescue Fire Station, NRMA patrol cars and education sectors presented to students on the day.

The day started with NSW Fire Brigade providing the 'Jaws of Life' presentation which is a real life demonstration of how they rescue drivers from motor vehicle accidents by cutting a vehicle up. Students then rotated through a series of workshops focusing on safe travel overseas, learning about how to maintain their cars from NRMA patrolmen and a lecture on safe road behaviour and insurance. All students enjoyed the day and were fantastic advocates of Swansea High School.

## Coco Monde-Dessert Tasting

Year 10 Food Technology students went to Coco Monde, a popular dessert restaurant on Darby Street in Newcastle. The students were able to examine current food trends and explore factors that influence their appeal and acceptability. The students were lucky enough to have a presentation from the owner of where current food trends and plating styles were discussed along with production processes. They also got a behind the scenes tour of the restaurant, met the chef and saw the process of chocolate making. Students were presented with a dessert plate where they were able to do a tasting, discuss and evaluate food trends.





# Girls Water Polo Smash Opponents



Congratulations to the girls U/15s Water Polo Team! The girls made it into the Hunter Region final against Lambton High in Water Polo Gala Day. The team had a great win against Whitebridge High defeating them 7-3. Thanks you to Ms. Thompson for sharing her water polo skills and expertise with the girls.

## Counselling & Wellbeing Space

James the Chaplain here! Did you know that the School Chaplaincy Program here at Swansea High is open to all students, staff, and family?

Did you know that the Chaplaincy Program seeks to provide care and support for students, staff, and the wider school community through self-esteem, anger management, and character development programs; through positive lunchtime programs such as ENCOUNTER on Mondays; as well as through positive conversations and practical assistance through referrals to the many valuable welfare programs that Swansea High School offers?

Did you know that the Chaplain is happy to provide a



Along with the schools' wonderful Counsellor, Ms. Louise Theissen, the Chaplain James Norman welcomes any of our school community to come and check out the Counselling and Wellbeing Space in the HSIE Wing of the School. Come and say 'hello' or even just to see the evolving mural painted by students from the ENCOUNTER Lunchtime Group.

James Norman

CHAPLAIN - SWANSEA HIGH SCHOOL

Community Activities Lake Macquarie Inc. (CALM) Working to Make Lives Better

Office Hours: Mon 9am-1pm; Tues 9am-10am, 11am-1pm; Thurs 10am-12:30pm