



Irrawang High School Newsletter

Promoting excellence in academic, cultural and sporting performance

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Issue 2

March 2019

From the Principal's Desk . . .

We have passed the half way point in the first term for 2019 and what a busy and exciting start we have had to date.

Term 1 has been filled with an enormous amount of learning in the classroom and extra-curricular activity in so many faculties. Thank you to those parents who assist us in getting students to and from venues.

The school has had some very exciting news regarding this year's Star Struck event – Irrawang High's renowned Drum Corp will be a feature act at the start of the program, an amazing opportunity and well deserved. A big congratulations to those successful teams as well as those students who have been selected to represent the Hunter region.

We've already hosted several major events such as the Year 7 Welcome BBQ, Year 6 information night, multiple excursions and held a whole school swimming carnival. This year's swimming carnival had a great feel about it with fancy dress and house patrons and students doing war cries including members of our drum corps contributing to each house in their own unique and talented way. Thank you to Mr Hurley for his leadership of sport and some fantastic initiatives he has initiated to contribute to the wellbeing of all our students.

Year 7 continue to transition to high school successfully and are now part of the landscape. I believe that this process has been smooth due to the tireless work of Transition Coordinator Ms Robinson who works throughout the year with our partner primary schools to place students in classes that best reflect the level of support they need to learn and flourish.

There are always so many amazing things happening at our school that it's hard to know what to include here, so hopefully the pages ahead will give you a sense of what our amazing kids achieve and the fabulous opportunities the staff continue to offer.



From the Principal's Desk cont'd

Most importantly the school has continued to be a very stable learning environment and the quality of what happens in classrooms each day is of a very high standard. Our teachers and support staff continue to work hard to develop their skills for the benefit of your child. This is particularly so in relation to their ability to incorporate new technologies into the classroom, adoption of curriculum initiatives that engage learners and programs that build connections and relationships at school and into the community.

Harmony Day

Our special Harmony Day assembly was held on the 21 March and was again a showcase and celebration of the diversity of cultures within our school community. The Junior Drum Corps played as the school assembled on the quad. Jed Edgar-Jones gave a Welcome to Country in Gathang (the language of the Worimi), then the ATSI students performed a number of dances. Our Thai students then gave a traditional water blessing and staff and students from different countries introduced themselves by saying “we belong” in their language or those of their families.



The Drum Corps and Dance Ensemble wrapped up the long assembly in fine style with consummate professionalism. The assembly was led by Mr Tonks and our fabulous student leaders with the support of the accomplished CAPA team. The celebration continued on through both breaks with games, music, cake stalls and a number of special dishes from the outstanding Irrawang HS canteen. What a great day!!

From the Principal's Desk cont'd

Some safety messages – please help!

From time to time it's important to remind everyone about some things that need constant attention. We ask every parent for your understanding and support in relation to the following;

- Full school uniform includes the correct footwear. No parent should allow their son or daughter to come to school without safe footwear for practical lessons.
- Deodorant sprays are a health hazard to some of our students and staff. Please understand that some people suffer from Asthma and other related respiratory conditions and spray deodorants can cause a serious risk to them. Please don't allow your children to bring these to school. Also, if your child does suffer from Asthma we ask that you provide the school with your child's Asthma Action Plan. Pro-formas are available from the school.
- Please be aware that the school day starts at 8:50am. Students are expected to be at school when the warning bell rings at 8:47am, ready to start roll call at 8:50am.

Student Achiever of the Week

Congratulations to the following students on their excellent achievements:

Term 1

Week 6:

English: Riley Williams, Stacey Moore and Madeleine Dolman

HSIE: Pearl Scudds and Pichayaporn Laorsri

Mathematics: Lara Forde, Olivia Blanch, Matthew Burke, Jordan Cousin, Ellie Ping and Ellie Winter

Week 7:

English: Ellie Ping, Antwone Ryan and Letisha Randall

Science: Michael Moffat and Luke Allanson

Week 8:

English: Gwenhwyfar Dunn, Ashlee Stuart and Caitlin Hartnett

YOUYOONG AECG - 2019 MEETINGS



TERM	DATE	PLACE	HOST	MEETING TYPE
Term 2	15 May 12 June	Tomaree HS Raymond Terrace PS	Tomaree HS Raymond Terrace PS	Ordinary Last one before NAIDOC
Term 3	7 August 4 September	Dungog HS Grahamstown PS	Dungog HS Grahamstown PS	Ordinary Ordinary
Term 4	30 October 27 November	Murrook Culture Centre Hunter River HS	Worimi LALC Hunter River HS	AGM Christmas Yarn Up

Dates to remember - subject to change

MARCH

Fri 22 Mar	Athletics Carnival Back up
Mon 25 Mar	P & C AGM Meeting - 5:30pm - Library
Tue 26 Mar	Legal Studies Assessment Task
Wed 27 Mar	Elevate - Years 10, 11 and 12 Activate Inclusion Sports Day
Thurs 28 Mar	Hunter Open Boys and Girls Touch Trials Year 8 Sydney Jewish Museum Excursion
Fri 29 Mar	Year 12 CAFS Task 2 Parenting and Caring Research

APRIL

Mon 1 - Tue 2 Apr	Year 12 Performance Exam
Tue 2 Apr	Years 11 and 12 Legal Studies Excursion
Wed 3 - Wed 10 Apr	Year 12 Trial Exams
Wed 3 Apr	Hunter Hockey Trials Parent/Teacher Afternoon Years 7, 11 and 12
Thurs 4 Apr	Ngarralbaa Aboriginal Education Meeting Year 11 English Studies Mock Interviews Year 7 English Liz Anelli Picture Book Workshop
Fri 5 Apr	Year 12 Standard English Task 2 Year 11 Industrial Technology Timber Industry Study
Mon 8 Apr	Year 6 Visit
Tue 9 Apr	Year 7 Aboriginal Boys Clontarf Excursion
Wed 10 Apr	Parent/Teacher Afternoon Years 8, 9 and 10
Thurs 11 Apr	ANZAC Day Service
Fri 12 Apr	Last Day of Term 1 School Resumes Monday 29 April for all Staff - Staff Development Day Students Resume Tuesday 30 April
Tue 16 Apr	HSC Music 1 Aural Workshop

TERM 2

Mon 29 Apr	Staff Development Day
Tue 30 Apr	Term 2 Resumes for all Students

MAY

Thurs 2 May	Ngarralbaa Aboriginal Education Meeting Year 10 Vaccinations
Fri 3 May	Zone Cross Country Total Field Day

Thank you MarketPlace Raymond Terrace!

Huge thanks as always to all the MarketPlace businesses for their continuing support of our Community PBL and outstanding students and schools during 2019.



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MARKETPLACE LOVE THIS PLACE FOR SUPPORTING PBL WITHIN OUR COMMUNITY



NSW Government Schools · Term Dates 2019

Term 1	Tuesday 29 January - Friday 12 April
Term 2	Monday 29 April - Friday 5 July
Term 3	Monday 22 July - Friday 27 September
Term 4	Monday 14 October - Friday 20 December

School Development Days occur at the beginning of Terms 1, 2 and 3 and the last two days of the school year. Please check with the school, as schools may vary some of these dates.

P & C Association

P & C meetings are held on the fourth Monday of the month. The next meeting is our AGM on:

Date: Monday 25 March 2019

Time: 5:30pm

Where: School Library

- This is a chance to meet other parents and learn what is going on at your child's school.
- Become involved in your child's school community.

Our school supports Stewart House

Stewart House is an integrated residential care, school and health screening facility located on Sydney's northern beaches. There is no other facility like Stewart House worldwide. As services are provided free-of-charge, Stewart House is one of NSW's oldest and most respected children's charities.

Children are nominated for the Stewart House program to have a break from their current circumstance.



Stewart House is the NSW Public Education's charity of choice, and as such students will be given an envelope to bring home in the next week, giving families the opportunity to donate \$2 to this worthwhile cause. Please return envelopes to school by Monday May 27 and go into the draw for a family holiday valued at \$4000.

Multi media workshops – an extracurricular activity

Apart from having a lot of fun, students are learning so much and creating many great images in the Multi Media workshops every Friday recess and lunch with Mr Innes.



Year 12 work placement

Year 12 Hospitality students were out on Work Placement this month, giving them the opportunity to practice the skills they have learnt at school with their teacher Ms Sewell.

Big thank you to the following businesses who hosted our students:

The Bull and Bush Hotel, Cafe Cino, Cups N Saucers, Hogs Breath Cafe, Little Pantry Co, Medowie Macadamia Farm, Michels Patisserie Raymond Terrace, The Greenhouse Eatery and Village Grind.



Year 7 vaccinations

Our Year 7 students had their vaccinations this month for Diphtheria, tetanus & pertussis (whooping cough) combined vaccine and the Human papillomavirus (HPV) vaccine.

They were very brave and a few jelly beans helped the situation.



PBL signs

We are very happy with our new PBL signs which have been placed in every classroom and the common areas.



STEM

Years 9 and 10 STEM students have been busy designing, building and tweaking their bottle rockets and planes, ready for the Velocity Challenge in Term 2.



Thank you Bunnings . . . again

Huge thanks to Louise and Teddy from Bunnings Warehouse Australia at Heatherbrae for donating and installing (with help from Mr Hurley) metal racks for the PE area.



News from Support

Sailability

Once per fortnight, students from the Support Unit attend sailing lessons at Grahamstown Dam. The wonderful volunteers gave a safety briefing to the students, discussed the history of Grahamstown Dam and informed the students about the prohibited sailing areas. Before the students embarked on their first experience in the water, they were relieved to discover that the sailing boats are unable to tip over due to a part of the boat called a centreboard. The weighted centreboard is a retractable keel which slots into the hull of the sailboat and assists in maintaining the boat's balance in the water.



Community Access

Community Access activities provide students with the opportunities to develop their independence using public transport. Along the way, students get to experience many beautiful locations around our local area and explore further afield in the Newcastle and Maitland areas. All activities are linked to their classroom lessons.



News from Support cont'd

Work Experience

Students have been busy creating new card designs ready in time to sell for Easter and Mother's Day. Students put a lot of time and effort to ensure that they are producing quality cards for all occasions. This work experience activity is enjoyed by all of the students who participate.

The senior class in the Support Unit have been attending Access Industries every Wednesday this term. Students (Mitchell Low, Timothy Low, Maddyson Petith, Jackson Green and Nicholas Sheather) have participated in work experience making door snakes, fireplug pillows, boxes, packaging and building pallets for various organisations. We are all very proud of their efforts this term! Well done!

Ms N Moore
Head Teacher Support

Ms O Willoughby
Support



News from English

Welcome to a fresh and exciting year of learning from the English team. We hope that you had a lovely Christmas break. We have had a great start to the term with improvements to many of our units. Our aim is to include Future Focused Learning, growth mindset and formative assessment for learning strategies that promote opportunities for learning growth and reflection. The following guide will help you to stay update with what your child is studying in Term 1.

Year 7: who am I?

Students have been focusing on the issues associated with individual and collective identity and have been encouraged to engage personally with picture books through the exploration of visual literacy techniques and narrative writing strategies. Students have made a great start by creating engaging visual representations about themselves and used artistic techniques to create unique characters that reflect their learning and represent aspects of their own identities. Students will have the opportunity to work with a local, published picture book author, Liz Anelli.



Year 8: reading reimagined

Students have been engaging with historical novels and have been exploring how authors use narrative elements to invite the reader to experience and gain insight into life in other places and times.

Students are looking forward to their excursion to the Sydney Jewish Museum where they will have the opportunity to listen to stories of survival and gain first-hand insight into the context of their novel's setting.



News from English cont'd

Year 9: imagined worlds

Students are engaged in a genre study through the exploration of a range of novels and films. Students will examine how such texts conform and/or subvert to the conventions of the genre. Currently, students are working on a formative task to apply their knowledge of these elements to compose their own narrative or setting. Through this task, we will be able to reflect on their writing and offer feed-forward to improve their literacy skills.



Year 10: stories that matter

Students have explored a range of texts and have investigated what matters most within each text. Students have investigated how authors craft their texts to become an important tool that communicate social concerns. Currently, students are preparing for their summative assessment task to create their own engaging and visually stimulating multimodal presentation that demonstrates their understanding of texts and their conceptual themes.

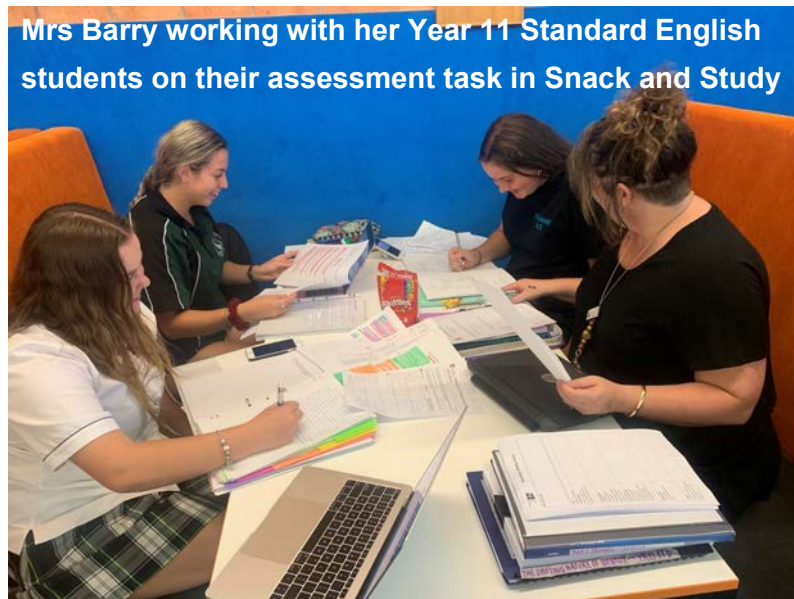
Year 11 Standard and Advanced English: common module - shifting nature of identity and captivation

Currently, students are focused on completing the "Common Module" which pertains to both courses. Students are exploring the concepts, "shifting identity" in the Standard course and "captivation" in the Advanced course through a variety of texts. In the Standard course, students explore Tim Winton's stories in *The Turning*. Here, his characters discover further understanding about themselves and others as they interact with various modern day real life events. In the Advanced course, students are learning about how and why some world renown composers write, how their stories have captured audiences around the world, and how their stories have been appropriated over time into various other texts. In both courses, students are working on the common assessment task, composing multi-modal tasks reflecting on the modules' concepts through their authors, stories and characters.

News from English cont'd

Year 11 English Studies: achieving through English - English in education, work and community

This term students have been exploring English in relation to education, work and the community. Throughout the module, students have been developing a thorough understanding of the use of language which applies specifically to school, training and employment opportunities. They are currently working on their assessment task where they have had to look for an advertised position, submit a resumé, a covering letter and have to prepare and complete a mock interview to be held on Thursday, 4 April 2019.



Year 12 Standard English: module A - language, identity and culture

Students have been exploring language, identity and culture in the play, *Shafana & Aunt Sarrinah* which is the Module A prescribed text. They have also focused on learning about how gender roles of women are represented within a culture with ideas related to education, family, resilience, individuality and Australian identity. In addition, once a week students have been developing their writing skills through creative and persuasive texts. Currently, they are learning to compose discursive texts essential for English in their Higher School Certificate.

Year 12 English Studies: module C - on the road - English and the experience of travel

Students are broadening their horizons by studying travel in their current unit of work. Students must select an overseas country where they would like to visit. They will be writing an itinerary to visit that country, select tourist attractions and provide relevant information. In addition, they will be composing a variety of written tasks relating to their proposed travel overseas.

Year 12 Advanced: module A - textual conversations

Module A is a comparative study centred on William Shakespeare's *The Tempest* and Margaret Atwood's *Hag-Seed*. Students are required to compare and contrast the two

News from English cont'd

texts, seeking to appreciate how and why the most recent composer would have chosen to use the first text. Currently, students are working on their assessment to imagine and compose a podcast interview between the two composers.

Extra-curricular activities:

There are many opportunities offered to junior and senior students in English. These include Anime Club, Stage 4 and 5 debating teams and a theatre visit to Roald Dahl's *Revoltin' Rhymes & Dirty Beasts* on 26 June 2019.

Year 12 Standard and Advanced English are encouraged to attend the English Teachers Association HSC Module's Day on Wednesday 26 June 2019. This will allow students to view presentations on their modules and gain valuable information and resources to help them on their journey towards the HSC examination.

If you would like to know more about your child's progress or find out any more information please get in contact with us.

Ms H Sheriff

Relieving Head Teacher English

Ms Gruschka captivates audience

Ahead of the Year 8 excursion to the Sydney Jewish Museum next week, the Year 8 group listened to a guest speaker from our school during Period 5 recently. In relation to the current unit of work, "Reading Reimagined" and the holocaust novels set for study, Science teacher Ms Gruschka captured the audience with stories relating to her family and their journey to England as refugees.



Not only did she reflect on the impact of the war on her own family, but Ms Gruschka also reflected on similar events around the world that have now become history. It is hoped that students have developed a deeper understanding of the impact of the holocaust and have gained a deeper appreciation of refugees, their plight, and if in Australia, their contribution to Australian society.

The English Faculty would like to thank Ms Gruschka for her talk, and we look forward to further collaboration especially when visiting the Jewish Museum next week.

News from HSIE

Year 7 History

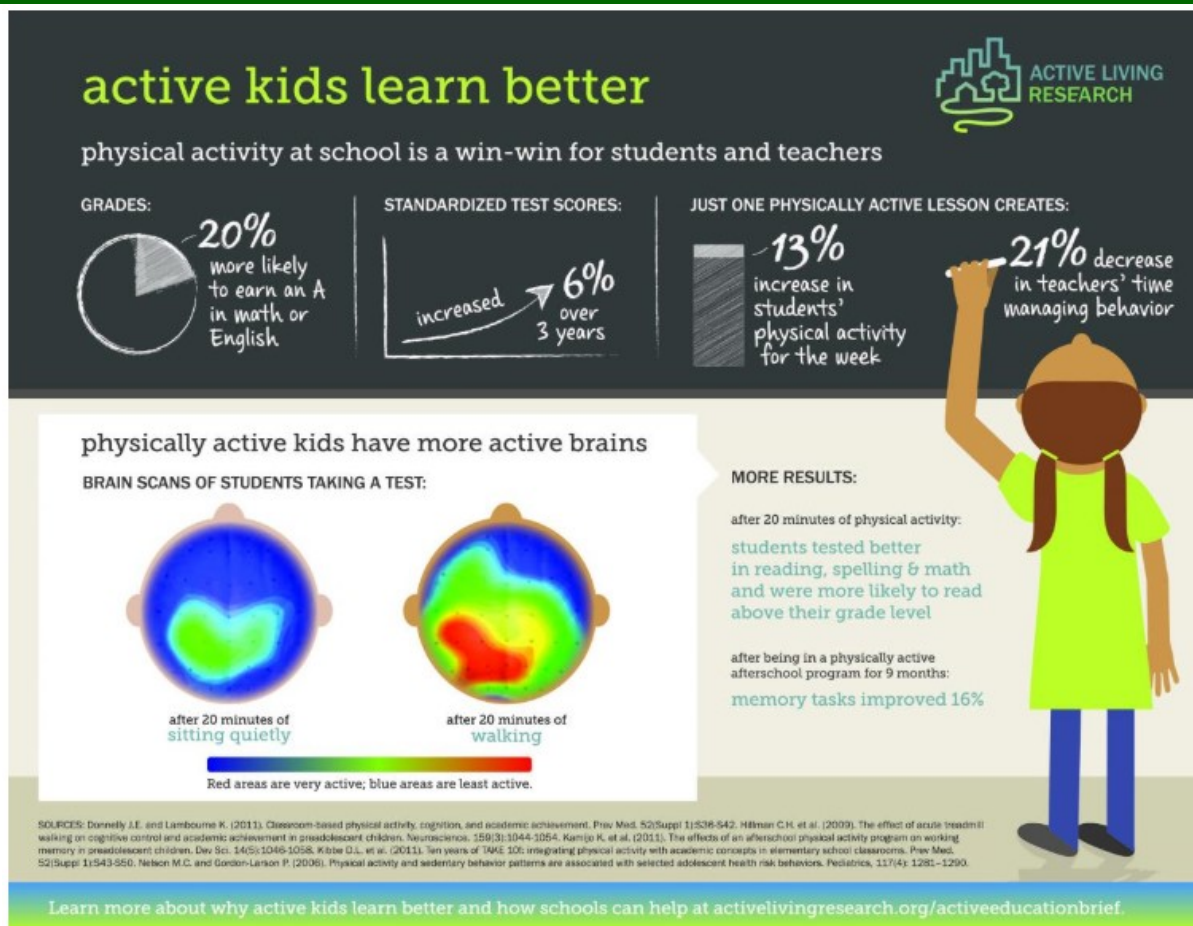
Year 7 history students have been engaging in some project based learning recently. The students have been asked to build an interactive tourist guide to one location in ancient Egypt. These guides are built from classroom research, but also through utilising new resources to enable them to digitally visit the sites they have selected to study.

The Assassin's Creed: Origins Discovery Tour is a new mode that will allow students to explore ancient Egypt without being interrupted by combat or quests. Purely educational, the mode is a "virtual museum" with guided tours and historical sites to discover.

"The students immediately connect with the physical examples, they can see size, relative locations and study the details of historical sites at their own pace, generating and solving their own questions about the topic. It's a fun way to move beyond the textbook and bring everything to life" said their teacher, Mr Innes.



News from PDHPE



Research Highlights:

- Aerobic fitness has been connected with better standardised test performance (Roberts, Freed, and McCarthy, 2010).
- Cardiorespiratory fitness and weight status have been independently connected with academic achievement, cognition, and behaviour (Sardinha et al., 2014; Davis and Cooper, 2011).
- Children with a high level of fitness performed better on a test of memory than children with low levels of fitness (Raine et al., 2013).
- Higher body mass has been associated with lower academic achievement (Kamijo et al., 2013). Meanwhile, students with a healthier body mass index and cardiovascular fitness have higher academic achievement ([Janak et al., 2014](#)).
- In one study of middle schoolers, students who were not overweight had 25% fewer absences and 39% lower tardiness compared with students who were overweight (Shore et al., 2008).
- After adding physical activity to school curriculum, students performed 6% better on standardised tests than peers learning the same material in seated, inactive sessions (Donnelly and Lambourne, 2011).
- After 20 minutes of walking, students completed learning tasks more quickly and

News from PDHPE cont'd

accurately and performed better on tests of reading comprehension (Hillman et al., 2009). Other studies have confirmed that 20 minutes of acute aerobic exercise, like walking, improve children's cognitive performance ([Drollette et al., 2014](#)).

- An experimental study showed that students with intellectual and developmental disabilities had improved reaction time and brain activity following short bouts of cycling (Vogt et al., 2013).
- One study connected active commuting with higher cognitive performance on verbal, reasoning, and numerical tests among adolescent girls (Martinez-Gomez, 2011).
- Physical inactivity is more prevalent among lower-income youth and youth of colour, which may negatively affect academic achievement, and active transportation can be an important strategy for increasing physical activity in this population (Basch, 2011).
- Schools serving adolescents from families of lower income should implement brief sessions of aerobic exercise during the school day, as just 12 minutes of aerobic exercise improved adolescents' selective visual attention and reading comprehension abilities ([Tine, 2014](#)).
- Regular physical activity and higher levels of physical fitness have been linked to improved academic performance and brain function. Single sessions of physical activity can enhance attention and memory ([Castelli et al., 2015](#)).
- Physical activity is positively associated with cognition, but more research is needed on the role of sex, type and intensity of physical activity, and psychological variables (i.e., self-esteem, depression) ([Esteban-Cornejo et al., 2014](#)).
- Achieving adequate physical activity and maintaining aerobic fitness in childhood is critical to improve cognitive and brain development in adolescence ([Khan et al., 2014](#)).

Mr P Hosking

Head Teacher PDHPE

Harmony Day highlights



Harmony Day highlights



Year 11 Hospitality

Students were making the most delicious Caesar Salads recently with their teacher Ms Sewell keeping a close eye on proceedings.

Ebony decided to pop in and lend a much appreciated hand.



IRRAWANG HIGH SCHOOL



ABSENTEE NOTE

(to be returned to Roll Call Teacher first day back after absence)

STUDENT'S NAME: **Roll Group:**

Year: **Date of Absence/s:**

Reason for Absence: Sick Leave Other

.....
.....

Signature Parent/Caregiver: **Date:**

IRRAWANG HIGH SCHOOL



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IRRAWANG HIGH SCHOOL



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IHS Supporters

Does your child need an extra hand with English or Maths?

Sometimes children fall behind at school. They may have moved from another state, changed classes, or something else has happened in their life beyond your control. For whatever reason they then begin to struggle with their work at school, with their homework and with their exams. This can be frustrating for both them and you as a parent.

Kip McGrath specialises in helping children catch up to where they need to be in English and Maths. The resources we use are specifically designed to do this job. And the reason we only use qualified teachers, is that they have the tools and skills to accelerate your child's learning, so that any gaps are closed as quickly as possible.

We complement what is done at school to help your child. Your school gives your child an essential foundation in education across a wide range of subjects and developmental activities. Our job is to give your child an extra hand when they need to catch up ... for whatever reason. So together we can help your child reach their full potential.

Kip McGrath Education Centres Raymond Terrace
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love this place

IHS Supporters



Jets Junior Bowls Academy

Gain experience from the best of the best with World Champion Natasha Scott, Australian Rep Matt Baus & former State Reps Jason Stokes and Lennon Scott.

All kids are kitted out ready to take to the green

Scholarships up for grabs

AERO BOWLS



Book your next party, high tea or private event with our Events Manager, together create a memorable personal celebration

Open on weekends for casual Cafe' dining, sit among the peaceful gardens and spoil yourself or friends with delicious coffee and hearty food. The Rectory is the perfect setting for your next event

Unwind • Indulge • Celebrate 48 Sturgeon Street

Good news story

A week-old donkey was given a forever home, after its mother died shortly after giving birth. Despite his distressing start to life, he appears healthy and is feeding well.



Have you changed your personal details?

In order to keep our records up-to-date, if your student has any change in their personal details eg doctor, medical condition, emergency contact, telephone no., address etc, please inform the school ASAP.

VISITORS TO IRRAWANG HIGH SCHOOL

Visitors should not enter school playgrounds without the issue of a visitors pass from the front office.

NB: Teaching staff are not always available, therefore it would be appreciated if appointments were made beforehand.



Irrawang High School
MOUNT HALL ROAD
RAYMOND TERRACE NSW 2324

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