



Irrawang High School Newsletter

Promoting excellence in academic, cultural and sporting performance

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Issue 9

December 2018

From the Principal's Desk . . .

The end of the school year is almost upon us and on behalf of all the staff at Irrawang High school, I would like to thank all our Irrawang High school families for their support and contributions to our school. Many of you have attended information evenings, parent teacher nights or forums or you have been part of the P&C.



Your students also have been very busy not only with exams and assessment tasks but with the many extra-curricular activities that take place at school including performances, local tours, excursions, dance and so much more.

Over the last week students from Years 7 – 10 have all received their reports. The standard of the achievement for our students seems to improve every year. It was a delight to see so many Certificates of Achievement and Certificates of Excellence at our school presentation assembly. The students were proud to receive these awards and in every case they are well deserved. It was another showcase of the fantastic talent we have here amongst our student body in academic, creative arts, sporting, cultural and humanitarian endeavours.

HSC 2018

We celebrated with students and staff at a breakfast last Thursday 13 December our HSC results to reflect on the success that our Year 12 students have had across a range of subjects. It was also a wonderful opportunity to reflect on the success that our Year 12 students have already had with students nominated for call-back (dance), and of the many who had already received early acceptance into university or have already been offered traineeships, apprenticeship and full time work, the Class of 2018 should already be proud.

From the Principal's Desk cont'd

2019

I hope each and every one of you has a wonderful Christmas and holiday vacation. I look forward to seeing you in 2019 when we will strive to do it all again and even better than this year. A reminder that staff return on Tuesday 29 January (Staff Development Day), students from Years 7, 11 and 12 return on Wednesday 30 January and Years 8, 9 and 10 students return on Thursday 31 January 2019.



Dates to Remember

Wed 19 Dec Last Day of Term 4 for all students - **HAPPY HOLIDAYS EVERYONE!!**
School Resumes 2019 - Tue 29 Jan - all Staff, Wed 30 Jan - Years 7, 11 & 12
Thur 31 Jan - Years 8, 9 & 10

Thur 20 - Fri 21 Dec **Staff Development Days**

February 2019

Fri 1 Feb School Swimming Carnival
Mon 4 Feb Best Start and PAT Testing
Thur 7 Feb Elevate - Years 7, 8 and 9
Mon 11 Feb Best Start and PAT Testing
Mon 18 Feb Best Start and PAT Testing
Fri 22 Feb School Photos
Mon 25 Feb P & C Meeting - 5:30pm - Library
Wed 27 Feb Elevate - Years 10, 11 and 12

March 2019

Mon 4 Mar School Photos Back up
Mon 18 Mar Vaccinations - Years 7 and 10
Mon 25 Mar P & C Meeting - 5:30pm - Library
Wed 27 Mar Elevate - Years 10, 11 and 12

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 2018.



RAYMOND TERRACE COMMUNITY MEMBERS ARE

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EVERYONE, EVERYWHERE, EVERY TIME

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.

Years 7, 11 & 12 return Wednesday 30 January

Years 8, 9 & 10 return Thursday 31 January

P & C Association

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

Date: Monday 25 February 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.

Student Achiever of the Week

Congratulations to the following students on their excellent achievements:

TERM 4 2018:

Week 1:

English: Samantha Hopper, Kiara Geddes and Brooke Ellicott

Week2:

Mathematics: Blake Fernance-Reid, Lily Morris, Lili Douglas, Ashley Smith, Justin Hough, Denzel Dickens and Andrew Biffin

Week3:

CAPA: Letisha Randall, Lily Medway, Molly Swan and Noah Abbott

Mathematics: Makayla Knight, Jasper Ward, Lachlan McIntosh, Breeze Jordan, Kaylynn Peters, Angel Wilson and Ella Campbell

Support: Alleah Davies-Adam, Jayden Murrell, Maddyson Petith and Nicholas Sheather

Week 4:

CAPA: Delaya Johns, Maddison Scott, Jackson Doughty and Georgia Almond

English: Hayley Tenbosch and Courtney Withers

Mathematics: Nick Knezevic, Christian Mitchell, Tenille Blunt, Rebekah Agius and Travis Lamborn

Week 5:

CAPA: Faith Gardiner, Haylee Wilkinson, Rebekah Agius and Yashwant Pillay

Mathematics: Ashley Horn, Jordan Henderson and Tykel Searle

Week 6:

CAPA: Isabela Kennedy, Emily Maytom, Jasmine Scott and Caitlin Ping

Mathematics: Danielle Smith, Chloe Jenkins, Joshua Salerno and Jordan Parker

Week 7:

CAPA: Nellie Carruthers, Amelia Walters, Amber Hammond and Emilee McFadyen

English: Kiah Skaines, Liam Ryan, Amy Dimins and Maddison Russ

Mathematics: Allyssa Allen, Jessica Bertram, Stacey Moore, Cohan Pressley, Ryan Knowles and Cassandra Farrow

TAS: Holly Boatswain, Holly Kennedy, Ella MacLucas and Ebony McGrorey-Clarke

Week 8:

English: Karly Page, Regan Taylor, Angel Wilson and Caitlin Hartnett

News from English

A local author, Jean Bowles, visited Year 8 on Wednesday 7 November to view an exhibition of Year 8 student projects from the “Once Upon a Time” unit in English. Ms Bowles presented an informative and inspiring talk on her experiences of publishing three novels and her continued work in writing historical fiction.

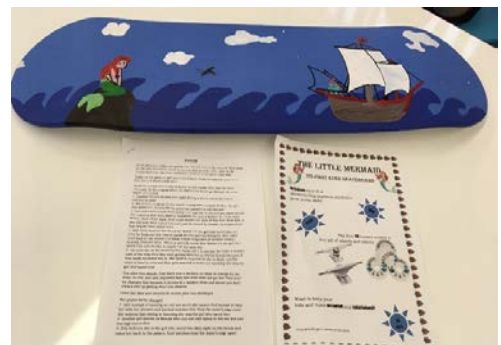
During Terms 3 and 4, Year 8 teachers and students have been trialling a new way of learning through a future focused project. Students had to contribute to formative and summative tasks within the unit. These comprised:

- Individual research in order to create a short biography of a famous fairy tale author.
- In groups, students had to investigate a fairy tale, produce and deconstruct the chosen fairy tale in an authentic text. The purpose was to show the evolution of story telling in these texts which were presented to the Principal and Year 8 Deputy Principal.
- Finally, either individually or in groups, students had to create and publish an original product inspired by the elements of a fairy tale to suit a young adult audience. They also had to write an advertisement or brochure and a pitch to encourage purchase of their product.

Students presented a variety of products to parents and our local accomplished author. Groups enjoyed viewing and playing their peers’ creations such as videos, animations, board games, comics, picture book, skateboard, art works, cakes and their decorations. Jean, our author, and the parents were very impressed with the creativity of the students.

Thanks to all the student and community contributions. The feedback from this experience has been overwhelmingly positive and we look forward to implementing similar future focused projects in 2019.

Ms H Sheriff & Ms S Mamin
English Faculty



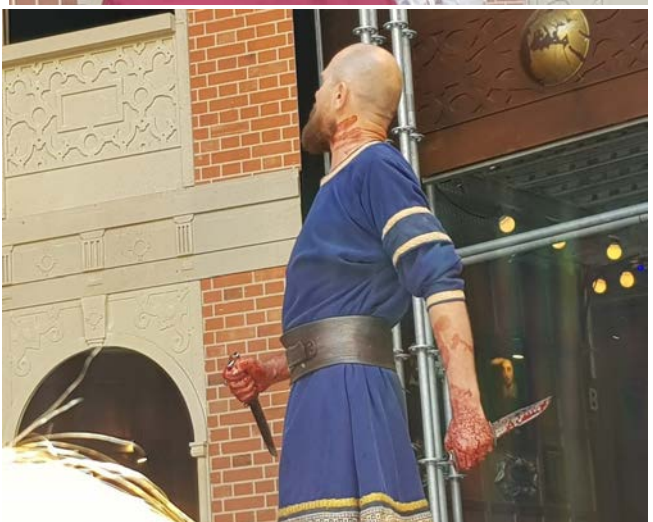
News from English cont'd

On 3 December, 62 students from Years 7 to Year 10 accompanied by English teachers, Miss Sheriff, Ms Mamin and Mr Holliday attended Shakespeare's play, "Macbeth" in the reconstructed 16th century Globe Theatre at Moore Park, Sydney.

As groundlings, students withstood the elements of heat and fully immersed themselves in the live & very real action. They were even good sports when squirted with blood and other bodily fluids from the actors.

Supervising teachers were very proud of how respectful and well mannered the students were, representing our PBL values and wearing their school uniform with pride. After the show a Globe worker came out especially to tell Miss Sheriff that Irrawang "was voted on being the best school students that had attended the theatre so far."

Miss H Sheriff, Ms S Mamin and Mr G Holliday
English Faculty



Volunteers Lunch

As a small token of our appreciation, our volunteers who help our students and school on a regular basis were thanked and acknowledged at the annual volunteers luncheon a few weeks ago.

As usual it was a lovely event and so good to have our volunteers from the P&C, Canteen, Breakfast Club and Plan-it Youth all together, especially our students who volunteer on a weekly basis at our Breakfast Club.

The food was amazing so special thanks to our Year 12 Hospitality students and their teacher Ms Sewell, for such a delicious lunch.



Share the Dignity

With so much focus on White Ribbon this week, it's timely to mention the "Share the Dignity" Christmas Drive that staff at IHS have so generously supported for the month of November.

Mrs Yeomans, Ms Connor, Ms Bailey and Ms Wotton have been collecting female personal care items for the "It's in the Bag" campaign to make life better for women who experience homelessness or poverty this Christmas.



Ms Wotton and Ms Bailey recently dropped a bunch of bags and products to our good friends at Bunnings Heatherbrae.

November

The majority of our male staff got right behind the Movember campaign to show their support for men's health issues, by growing their best facial hair. Together they raised \$1650.

However in a show of support, the IHS ladies also contributed on the last day by purchasing a stick on moustache and raised \$300.

Well done everyone! Another example of our school getting behind a great cause.



World of Work (WOW)

The WOW program provides Year 10 students with an opportunity to explore employer expectations and was again held over three days at the Raymond Terrace Bowling Club.

The students are taught many skill sets including; the importance of positive body language, building their own brand, first impressions plus lots more.

Six community members per day are invited to have lunch with the students, where they can “practise” what they have learnt that morning.

Huge thanks to the Real Futures Foundation and the Raymond Terrace Bowling Club for their ongoing support of this valuable program.



National Dance and Cheer Competition

Year 7 student Leelah Marks recently competed in AAACF Nationals for Dance and Cheer Leading at the Gold Coast.

Leelah and her team REBELS CREW won National Champions / 1st in Australia for all girl senior hip-hop. They competed at Pinnacle placing 2nd, and they will be given the opportunity to compete at the 2019 Dance Worlds competition in Florida. Congratulations Leelah - a bright future ahead.

Also at the comp was Year 9 student Georgia Almond. Georgia as part of the team, was National Champion for Junior Performance Lyrical, 3rd for Junior Performance Lyrical, 3rd for Junior Jazz performance and 4th for Senior Elite Hip Hop (this team was formed only 3 weeks ago and they have only trained 4 times).

Georgia was also National Champion for:

- Level 4 Cheer, who also hit zero - this means no deductions from the judges -
- Level 3 , Second in Cheer and also hit zero.

The team entered the competition at an international level and came third at Level 3.

Georgia and her team also competed in the Pinnacle Best of the Best invitational competition at Level 4 where they came 1st, again with no deductions from the judges.

Huge congratulations ladies!



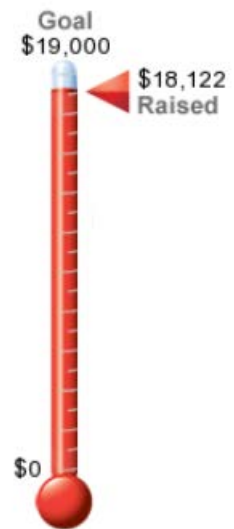
Congratulations IHS Community!!

Our Irrawang High School community must surely be one of the most generous ever!

Give yourselves a HUGE pat on the back. Why? Because this year to date we have raised a whopping \$18,122.25 for various charities including Buy a Bale, Cerebral Palsy Alliance, Beanies for Brain Cancer, Legacy, Red Shield, Stewart House, Beyond Blue AND Movember!

That is not including the 30 or more cartons of goods that were collected by Buy a Bale for the farmers, and the products donated for "Share the Dignity" last week.

WOW WOW WOW! – so proud. Thank you to every single person who has supported our fundraisers throughout 2018, which in turn has helped so many people in need.



Year 8 & Year 10 Major Projects

Year 8 Tech Mandatory and Year 10 STEM major projects are now being completed with their teacher Mr Graham.

Projects were done using a variety of technologies including 3D printing, Adobe Illustrator, Adobe Photoshop and Fusion 360 to name a few.

Well done students!



News from our Defence Students

The final session at the Opal Aged Care Facility for the JobQuest Community Leadership Program involving six Defence students from Year 9 was held recently.

The students joined the residents for a morning tea, and some of the residents brought in some things of interest that had been discussed in previous sessions.

Barry brought in some old coins and showed the students a Penny, Halfpenny, and Thruppence. Peter brought in some photographs of his time boating on Myall lakes with his wife and also some photos of himself and his wife on the QEII. Frank said that he was sorry to see the students go and wished them all the best.



Happy Holidays!



CAPA Roadshow

The CAPA stars had an AMAZING day, filled with EXCITING performances at Mount Kanwary Public School and Irrawang Public School last week during their annual CAPA Roadshow.



CAPA Roadshow Highlights



Active kids learn better

Research proves that if your kid is physically active they do better at school.

Physical activity enhances cognitive function

improving memory, behaviour, concentration and academic achievement.

On the other hand inactivity negatively impacts

brain health and executive control including: maintaining focus, working memory, multi-tasking.

Did you know?

- Most research shows replacing academic lessons with physical activity does not have a detrimental impact on school grades – in fact some research shows increased participation in physical activity leads to better grades.
- Most university-based, internationally-published research in this field has found a positive link between children's physical activity participation and academic achievement.
- Short amounts of exercise benefits executive functions.
- More intense physical activity out of school resulted in higher test scores and improved reading comprehension.
- Physical activity intervention led to significant improvements in children's maths scores.
- Students who exercised more, participated in sport and achieved higher grade point averages.

Why is this?

- Exercise can increase levels of a brain growth factor.
- Exercise can stimulate nerve growth.
- Regular physical activity may reduce plasma noradrenaline (a vasoconstrictor which reduces blood flow to the brain).
- Exercise increases blood flow to the cortex of the brain.
- Physical activity improves children's concentration, attention and reasoning ability.
- Physical activity leads to improvement in cognitive control.

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In other words – if you exercise, your brain is fitter and works better. It's pretty simple!



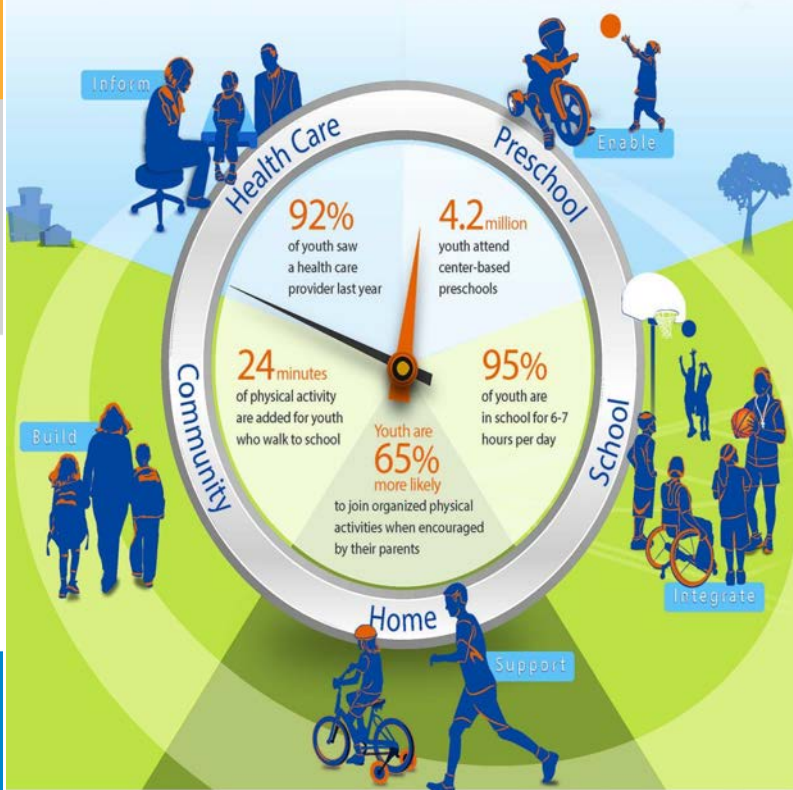
Who says this?

Journal of Paediatrics, Australian and New Zealand Journal of Public Health, Journal of School Health, Journal of Paediatric Psychology, Research Quarterly for Exercise and Sport, American Journal of Preventive Medicine, American Journal of Public Health, Canadian Association for Health, Physical Education and Recreation Research Supplements, Scandinavian Journal of Medicine and Science in Sports, British Journal of Sports Medicine, Journal of Sports Behaviour, European Journal of Preventive Medicine, Australian Journal of Public Health, Journal of Adolescent Health, Journal of Developmental and Behavioral Pediatrics, American Journal of Health Behaviour, International Journal of Behavioral Nutrition and Physical Activity, Journal of Neurology



Minutes or More a Day

Where Kids Live, Learn, and Play



Physical activity is critical for overall health.

Learn more: www.health.gov/paguidelines



Sources: Synder T, Dillow S. Digest of education statistics 2010. Washington, DC: National Center for Education Statistics, Institute of Education Sciences, US Department of Education; 2011. Federal Interagency Forum on Child and Family Statistics. America's children in brief: key national indicators of well-being, 2008. Washington, DC: US Government Printing Office; 2008. Strand JR, Riser WF, Moser RL, Paley RR. Physical activity and active commuting to elementary school. Med Sci Sports Exerc. 2005;37(12):2062-8. J Pediatr. 1991;119(2):215-8. Bloom B, Cohen RA, Freeman G. Summary health statistics for U.S. children: National Health Interview Survey, 2011. Vital Health Stat 10. 2012; Dec(254):1-148. Hatzler CD, Martin SL, Duke J, et al. Correlates of physical activity in a national sample of children aged 9-13 years. Prev Med. 2006;42(4):254-60.

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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.....
.....

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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
48 William Street Raymond Terrace NSW 2324
4983 1000 raymondterrace@kipmcgrath.com.au

Kip McGrath

www.kipmcgrath.com.au/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

AEROBOWLS



THE RECTORY
TEA HOUSE & FUNCTION CENTRE

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



The Real Futures Foundation is a non-profit organisation which has an established track record of helping to inspire and motivate students in Port Stephens to either stay in school and increase their educational engagement and attainment, or choose a positive pathway that enables successful transition to employment, further education or training.

NSW Government Schools Term Dates 2018

Term 4	Monday 15 October - Friday 21 December
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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.



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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