# **School News**

Illawarra Sports High School



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Respectful Responsible Learners

### Issue 2 - Term 3 - Week 6

### Remember

Go to the school website and follow the prompts to have this newsletter and all following newsletters emailed directly to you.

#### **Principal's Report**

There have been some outstanding sporting achievements this term across all sports. It is always hard to choose which has been the greatest. However this time around, it would be hard to go past Illawarra Sports High School's women's Footballer, Caitlin Foord.

Caitlin recently represented Australia at the highest level in the Women's World Cup in Germany. At 16 years of age, Caitlin was the youngest player in the Matildas and helped them make it to the quarter finals. Caitlin was then voted at the end of the tournament the 'Hyundi Best Young Player' award. What an outstanding effort.

Caitlin has been off again with the team preparing for the Olympic Qualifiers in China. She will also be chosen in the Young Matildas team trying to qualify for the 17's World Cup in 2012. If all goes well for Caitlin in 2012 she could be representing Australia at the 17's World cup and the London Olympic Games! All of us here at Illawarra Sports High School wish Caitlin the best of luck over the next few months and into next year.

We have a very active Parents and Helpers Group this year. The group meet regularly and have already done some fundraising to raise money for the refurbishment of one of the kitchens in B Block.

If you ever wondered how schools work, well the timetable committee are already planning for next year. Subject selections are all but complete and we have a good idea of how many students we will have next year therefore we can start developing our timetable.

Year 12 are heading into the most important exams of their lives in the next couple of months, the Higher School Certificate. The last five weeks of term three will be the most important in year 12's school life, with high levels of revision, study and exam preparation being delivered.

Year 12 students need to be at school every day and take advantage of what they can learn coming up to the exam period. While the exams are high pressure for some students, for others, there is less of a worry as their next stage in life is already set in motion. Many of our students have work or TAFE prepared next year while others have received pre-entry into university. It is never too late to make an appointment with our careers adviser Mr King to get the latest information and to help the students to decide on their future after school.

Year 10 students are also preparing for their end of year exams in November. You would almost certainly have heard that in 2012, there will not be a School Certificate exam for year 10 students. However for the year 10 of 2011, these exams are highly important. Employers are always aware of what is going on at the school level, and will be very interested in how students perform at these exams.

Work hard through the remainder of term 3.

#### **Scholarships**

The 2011 process for scholarships was a learning process this year and one that took far too long to finalise. However it gives me great pleasure to announce the following recipients.

Alex Pazarkovski	Year 7	Academic
Chelsea Bolton	Year 7	Sport
Billy Dean	Year 7	sport
Kyle Kirkland	Year 7	sport
Jackson Bonham Phair	Year 7	Sport
Zaan Whetherall	Year 7	Sport
Skylar Kelly	Year 8	sport
Luke Penny	Year 9	sport
Luke Jurd	Year 9	sport
Bradley Moriera	Year 9	Academic
Catherine Bullivant	Year 10	Sport
Stefanie Pazarkovska	Year 10	Sport
Adam Clune	Year 10	Academic
Matthew Clune	Year 10	Sport
Nathan Curry	Year 10	Academic
Kate Lynch	Year 11	Sport

All Scholarships are to the value of \$200. Students will either be reimbursed for fees paid, or the scholarship money will be taken from fees owing. Certificates will be handed out as part of our presentation assemblies at the conclusion of 2011.

#### Keiran Spillane

#### Flame Tests with 7G

In science we have been learning about all the different elements in the periodic table. Different metals produce different colours in a flame. The aim of the flame test experiment was to identify various metallic elements using flame tests. We then compared them to unknown elements and tried to infer what metals the unknown elements were.

#### Mr J Gander





More...

#### Year 7 Year Advisor's Report

Year 7 are making pleasing progress with their transition into high school. Mr Thomas and I have been extremely pleased with their overall performance academically, socially and in participation in both TSP and regular sport. Overall, teachers have very positive comments regarding Year 7 students as being respectful, responsible learners.

We have had a very busy year to date with swimming carnivals, athletic carnivals, zone carnivals, cross country, NAPLAN testing, vaccination programmes etc. We aim to keep you posted as to upcoming events your child will be involved in.

#### Ms J Jarman and Mr R Thomas

#### Year 7 Masterchef

7RO have also been cooking up a storm in their Masterchef Challenge. Their assignment brief was to plan a function as a celebration for something important to them. They had to design a menu and invitation and then they had to cook one of the menu items in a one portion serve for the celebrity judges. As you can see from the photos both judges and students seemed to thoroughly enjoy the task.



James da Silva

#### More...

#### **Youth Parliament**

The NSW YMCA Youth Parliament is an initiative run by the NSW Council of YMCA's. The program gives young people across the state the opportunity to represent their state electorates, develop a parliamentary bill, and then present these bills in front of fellow Youth MP's. This program was run in the last school holidays in the New South Wales Legislative Assembly, Macquarie St, Sydney.

This year, one of our students, Blake Osmond of Year 11, participated in the program as the Youth Member for Wollongong for the second year in a row. Blake was a member of the Education and Training committee who developed a bill to structurally separate Year 11 and 12 education into two arms, vocational and academic. Blake sponsored the bill, serving as the Shadow Minister for Education Training, and presented it in front of 88 Youth MP's. He was also chosen to serve as the Deputy Leader of the NSW Youth Opposition, and the Shadow Minister for the Illawarra.

At the conclusion of the Program, Blake was elected the Youth Governor of New South Wales for the following twelve months. The Youth Governor is the spokesperson Youth Parliament for the program, and acts as an advocate for youth interests across the state of New South Wales. Blake will return to Youth Parliament in 2012, to act as a mentor to Youth MP's and assist with the overall running of the program.



Blake Osmond

More...



#### Learning Labs at the University of Wollongong

#### An opportunity for our academically talented students

The University of Wollongong's Faculty of Education would like to invite the students of Illawarra Sports HighSchool to LEARNING LABS!, an exciting new holiday program with workshops in the fields of Ethics and Law, Engineering, English, Science and History . We will be targeting students from Year 7 to Year 10.

This academic enrichment program will run over two days on the 13th and 14th of January and will be held at the University's Wollongong campus. Workshops will be innovative and challenging. University academics will program and run the workshops allowing students to immerse themselves in specific academic fields. They will also get unlimited access to the academics as well as an opportunity to explore the university campus.

This program will offer a high level of challenge within a workshop context. Students who will most benefit from participating in the program will probably be performing within the top 10% to 15% of their cohort. While there will be a cost for each workshop we are endeavouring to keep costs to a minimum. As well we will be offering scholarships to those who do not have the financial resources to participate.

Any student in year 7-10 who feels they meet the criteria and is interested in this program needs to see Mrs Campbell in the Student Services staffroom (SB15) ASAP so we can register with the Uni.

Mrs C Campbell

#### Music Count Us In

Students at Illawarra Sports High are busy learning a new song for Music Count Us In, Australia's biggest school initiative.

Over the last four years students from our school have participated in this event which highlights the value of music education for students' development. Over 2 million students Australia wide perform the same song, at the same time, on the same day. This will culminate in a nation-wide performance on Thursday 1st September when there will be a live podcast from Sydney which will be "counted in" by celebrities at 11.30 AEDT.

The song for this year is "We've Got the Music". This year we will have some instrumentalists joining the singers for the performance with everyone giving it "their all" on the day.

#### Mrs D Haise

#### What's happening in the Library?

The start of Term 3 has been a busy one in the ISHS Library. We have hosted the Living Library and we are currently getting ready for Children's Book Week 2011 (week 6). The theme this year is "One World, Many Stories" and classes in year 7 and 8 are designing posters to promote what this theme means to them. Winners will announced at the conclusion of Book Week (26th August) and all entries have the chance to win a book and goodies pack. Pop in to the library and speak to the friendly staff-Mrs Goodyer, Ms Hunter and Mrs Riley- for a sheet of paper and instructions on how to enter! Also come and check out the shortlisted books on display and see the winning entries. There will be activities running at recess and lunch times during Book Week so don't forget to come to the library for your chance to win a prize!

We have also been supporting our talented Year 11 footballer Caitlin Foord with our display of all things Football including the many news articles written about her. Well done Caitlin, we are proud of you!



#### **Education Week at ISHS**

On Thursday 4<sup>th</sup> August, ISHS hosted the Wollongong Living Library. Instead of reading a book, students from Year 11 were given the opportunity to 'read' and engage in informal conversations with living 'books' from a diverse range of backgrounds and life experiences.

Some of the topics included: 'Sticks and Stones'- coming out as a gay man, 'Beyond the Veil'- a Muslim woman's story, 'Living in a Grey World'- surviving bipolar disorder and 'Mick on Wheels'- life in a wheelchair. All of the books are volunteers who enjoy sharing their stories with others. Year 11 thoroughly enjoyed listening to these 'books' and learning about other people.





The following is an extract from an email sent by the organisers of Wollongong Living Library:

"Thank you for the warm reception for Living Books at your school. We thought the day was a great success and please pass on to the students that the 'books' really enjoyed their readings and found the students to be engaging, respectful and interesting to talk to. Included are a couple of great quotes from the student evaluations (in answer to "what did you like about the Living Books")-

"captivating stories, relates to personal experiences"

"you get to communicate, have your say and gain loads of information"

"they helped us realise different situations in life and that everyone is different"

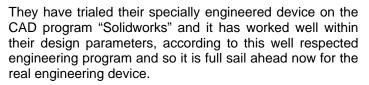
"inspirational"

#### i3net Project Update

The i3net Engineering team is up to the final stages of their 2011 engineering project, the assembly of their creation. They were asked to produce a device for the Normality Machine at the Science Centre, which would take 6mm nylon balls from the bottom of the machine to the top of the machine. They will trial their "Chain" ball mover at the Wollongong Science Centre in Fairy Meadow on Thursday 25<sup>th</sup> August, 2011.



Engineering students: Kassandra, Rebekah, Jeremy and Alan



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i3net Engineering students designing equipment for the Normal Distribution Machine and Business students preparing their report for the Wollongong Science Centre in Fairy Meadow.

Keep your eyes out for this device at the Science Centre over the coming months.



Business students Jade and Liza

#### Hospitality Students at the Illawarra Senior College

Year 11 Hospitality students have been given the fantastic opportunity to work in the brand new kitchen at the Illawarra Senior College. The facilities are state of the art in the latest technology. The students have their own preparation area with a sink, fridge, and commercial stove at their disposal.



Our students have been able to work in the kitchen every second Friday for the whole day to experience the true to life commercial environment. Like true masterchefs, these



talented students prepared delicious menu items. Some baking items included Lemon Meringue Pie, Chocolate Caramel & Salted Peanut Pie, Raspberry and Cream Tartlet. A whole day was devoted to pasta making and another to for canapés and appetisers.

This opportunity is a valuable experience in the use of commercial cook equipment in a fully functional commercial kitchen with a café attached and makes us feel far more settled when we go out to work placement in week 10.

More...

#### English

Term 3 has been another busy one for all students completing their English studies. Currently Year 12 students are well into their Trial Examinations and we wish them all the best. The Trial Examination is the culmination of two years' worth of study for Year 12 and consists of two English exams which last for two hours each – a daunting task indeed but one which I'm sure Year 12 are fully prepared for. Year 11 will have their Yearly exams in a few more weeks and should be preparing by revising their work thoroughly.

Year 10 have been completing some exceptional work of late. 10E English have been working on newspaper reports and attached are some samples of their work. Not only have they learnt about the structure and composition of news reports but they have also worked on their editing and publishing skills using Microsoft Publisher to create some outstanding pieces of work. They should be very proud of their achievements. Year 10 students also have their Trial Examination in the last week of term and all classes are currently being prepared for this.

#### See student work...

#### and... and... and finally....

The junior school is working hard with a variety of programs being implemented focusing on literacy skills. As I walk by classes I see students learning about novels, Shakespeare, films and poetry, all of which help to promote an interest in reading and writing as well as the world around us.

G Colliss Relieving Head Teacher

#### **Visual Arts**

Murals is held on Thursdays during sport time. Students create large and small murals to display around the school. The students have so far produced a variety of vibrant paintings which vary in subject matter, from magical scenes to local beach scenes. It's a great way for them to relax and explore their creative talents.





Tarnie Smith

SRC

Artwork by Joannie Clegg

Changing Rooms is a program where ten Year 9 and ten Year 10 students are competing against each other to change two of the rooms at Illawarra Sports High. The students and teachers have two full school days to repaint and/or decorate the room of their choice. The rooms will stay that way vfor all the students at Illawarra Sports High to use.

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Teachers, Mrs Potter and Mrs Heffernan, are extremely excited along with the students about the whole program. Everyone cannot wait to see the finished product. Stay tuned for updates in the school newsletter.

#### Anastasia Bereta

#### WOT Opera

What if you could write an opera? Twenty students from ISHS had the opportunity to do just that by taking part in a creative initiative from Opera Australia to write their own opera. This was done over four Tuesdays when the students had to write the plot, write the libretto, paint the sets and compose the music for the opera. It culminated with an evening performance at the IMB theatre at the IPAC in front of a sell-out audience.



Photo: Bridget Elliott

They learnt so many things by being involved - what they could achieve and what an opera could really mean to them. They grew in confidence every step of the way and thoroughly enjoyed the experience - a once-in-a-lifetime-experience that they will treasure always.



#### Southern Stars 2011

Illawarra Sports High School dancers have been rehearsing enthusiastically for this year's production of Southern Stars. This is the 10th year we have had dancers in the show and this year shapes up as a particularly memorable one. The show is titled "Share the Moment", so be quick and get tickets for one of the three performances on Friday 26th or Saturday 27th August. Our 32 dancers have been learning lots of choreography and will be in five dances this year.

We have Zoe Scalco, Year 8 performing as a featured dancer, as part of the Southern Stars junior dance company and Emma Bartley, Year 11, tapping away as a featured dancer in the very theatrical opening number, "I got Rhythm!" We all wish them well in their special performances.

The dancers have been keen and committed this year and it has been a pleasure working with them in the lead up to Southern Stars.

For photos of the event go to the Southern Stars website

Show photos | Southern Stars

L Cracknell

#### **STOP PRESS**

Congratulations to our newest addition to the ISHS fraternity. Little Aaliah Grace Pettit was born on 23 August weighing 7lb 1oz (3.2kg)





Vacancies exist in the following Dapto Campus Outreach courses:



**Introduction to Hospitality** two days a week with in school hours for 17 weeks.

**Introduction to Horticulture** (with an emphasis on backyard production) 1 day a week for 8 weeks.

For enquiries, please phone Dapto campus on 4221 8900

#### **Sports Report Term 3**

Term 3 sport is now in full swing. The weather hasn't always been kind but hopefully we will have sunny Thursdays until the end of term.

There are still a number of students who still have outstanding fees for rec sport. All fees were supposed to have been paid by the end of week 2 (three weeks ago). If there is any problems with paying there is no problem in organising a payment plan, as long as I am contacted so I know what is going on. I will be forced to remove some students from rec sport if fees are not paid as the school cannot afford to subsidise sports that were selected on a voluntary basis.

Year 7 sport comes to an end this term and year 7 will join normal rec sport in term 4. Unfortunately there are many students with outstanding year 7 sports fees (term 1 \$45, term 2 & 3 \$50 per term) which has left the school with quite a substantial debt for sport at present. We do understand that year 7 sport was compulsory and the fees may have caused some hardship for some families. Year 7 sport did however provide the students with buses and complete use of Berkeley Stadium allowing year 7 a smoother integration into high school life. The school can also help in finding solutions to fee paying problems. It has been decided that for year 7 students to select a sport that costs in term 4 they must have at least paid for their term 3 sports fees of \$45.

Sport selections for term 4 will be commencing at the start of week 6 (22nd of August) and continue until the end of week 7 (2nd of September). Year 7 students will be given time in health/PE lessons to select. All other students will need to log onto a school computer and select before the closing date. A deposit on all sports that cost will have to be payed to the Sports Excellence Office to guarantee students positions in their sport for term 4. Payment for term 4 rec sport needs to be finalised by the end of week 2 (21st October), term 4.

Students in year 10 do have a disrupted term 4 so to avoid them over paying they are only required to pay for half the sports fees for term 4. If they attend more than 5 weeks of sport they can pay for the extra weeks on a weekly basis to their sports teacher.

P McPhillips

Rugby Report 15s and under 25 July Buckan Shield vs Bega HS Venue: Tathra Country Club The Tathra Country Club kindly offered their fields and facilities so we could play the Regional Final in the 2011 Buchan Shield Rugby Union Knockout. Sincere thanks to the Country Club and Scott Harris from Bega High for their organisation and changes at such short notice.

Bega started the game with five continual phases of play, penetrating deep kicks and excellent ball control until they found an overlap and scored. They continued the attack with a run of penalties and controlled the ball with sustained pressure. The game turned with a Nick Armone and Jayson Coulstock steal. Minutes later flashy play from Tommy Sawden, Jackson Hastings and finally Geff Marshall who scored. Reece Hewat, Tory Brunning, Nick, Jonathan Chapman, Justice and Jayson led the punishing defence.

This resulted in Reece Hewat, who was dominating the lineout throws, to then drive forward with the maul to score, converted by Zac Greene. Awesome pressure and composure kept us in the game with the forwards driving forward. Jackson, Tory and Geff all charged the line, then an excellent pick up and driving mass maul resulted in Reece scouring again. On the bell there was an incident involving most players, the Bega captain picked up a loose ball and ran 50 metres to score under the posts. Mention should also go to the rest of our squad. They are a champion team, not just a team of champions.

We stayed overnight in Bega at the Princess Motel. Finally our school and the community should be very happy the way these young men, who were personable, sociable (Mogo Jackson), considerate and respectful. Many community members approached us and praised the boy's happy and respectful nature. Best and Fairest. Ernie and I were proud to be on tour. ISHS 17 (G Marshall, R Hewat 2 tries, Z Greene goal) beat Bega HS 12 (2 tries and 2 goals)

#### 15s and under 9 August Buckan Shield vs Endeavour Sports HS Venue: Endeavour Sports HS

Endeavour started the game with driving defence and skilful control of rucks and mauls. Their tall mobiles backs and some excellent long range kicks were testing our defence and keeping us pegged in our half. Endeavour scored twice and converted once to lead 12-0.

A couple of penalties and attacking rucks with go forward rugby had Endeavour scrambling in defence. The ball was swung to the right where Patrick Tai was unmarked and showed a clean pair of heels to score in the corner. A sensational kick, right over the black dot from Zac Greene set the path for our come-back. Coach, Sean Barret identified some weaknesses at half time and our game plan was to attack off a pivot and to play the game at their end. Some punishing runs from Nick Amone, Justice Wikaira, Jonathan Chapman and barnstorming Lachlan Stein and Tory Brunning opened up the defence and we started control the ball and game with this momentum. The ball was swung wide 15 metres out to winger Geff Marshall who showed blinding speed to stand up and run around the fullback to score 10 metres in. Zac Greene converted. Score 14-12.



Education & Communities

The team started to dominate with great composure and driving defence and the flankers contesting every breakdown. We soon scored again with our flashy backline feeding the ball to Geff to score again. Zac Greene converted the try. 21-12 with ten minutes to go.

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Endeavour capitalised on a run of possession to score 21-17. The boys lifted again and after some brilliant rucking and punishing hit ups, Jackson was hit with a head high as he went to step the fullback. From the ensuing penalty Lachlan stormed the line and then Jackson put the game beyond doubt with a rampaging try, converted by Zac. Mention should go to Zac, Tommy and Josh Noonan who controlled the game as halves. Also the number of times our forwards turned the ball over in lineouts and scrums. If you had seen the bruising on Dayne Campbell's face the following day, you would relate to the effort of all of our team on the day. A very proud trip home winning 28-17. *G Miller* 

For sport photos go to

#### **Caitlin Receives Ultimate Accolade**

It's just not our opinion anymore...now it's official!!! Caitlin Foord's performance at the recent Women's World Cup was voted as the best by any young player (U 20) at the tournament. The FIFA Women's World Cup Committee selected Caitlin for this honour after her magnificent performances for the Matilda's. The fact that Caitlin (normally an attacking player) effectively nullified Marta (the No 1 ranked player in the world from Brazil) as a fullback in the first game reflects the impact that she has had on football at the highest level.



On behalf of everyone at the school, we salute your outstanding performances and the wonderfully modest attitude that we respect so much. We are also extremely pleased that you have elected to stay and finish your schooling at Illawarra Sports HS, despite receiving offers from all over the world. Congratulations!

#### Bill Turner Trophy Girls Continue Our Strong Tradition

Our Under 15 Football Girls magnificent run in the 385 team Bill Turner Trophy competition, has finally come to an end. After wins over Woonona, Warilla, Corpus Christie and James Sheahan, Orange, our girls were defeated 3-2 last Monday in Canberra. Playing on an all-weather synthetic surface at Hawker Stadium, our girls were in front 2-1 just after half-time. Unfortunately, two late goals from



the home team wrapped up the quarter-final for them, and we wish them well in the final four series.

То entire our squad. congratulations on the tenacity and high skill level that you constantly displayed. Your ex-NSW Junior Coach, Alan Sheldrick, was continuously pleased with your ability to keep finding ways to win, when on several occasions the result looked grim. Congratulations.

#### **Corey & Guy Join Jack as Australian Reps**

In July it was Corey Gameiro who was selected in the Australian U 20 National Football Team. Corey, who would be in Year 12 this year if he had not signed for EPL club, Fulham FC and participated in the U 20 World Cup in Germany. This month, Corey's close friend and Year 12 student, Guy Knight, was selected in the Australian All School's Open Football Team that will tour the UK in January next year. Our congratulations to both boys for their outstanding achievements.



#### Jackson & Tory Selected in Australian 15's Rugby League Team

Congratulations to Jackson Hastings & Tory Brunning as our latest Rugby League representative players, for their selection in this year's Australian U15 Merit Team. They were rewarded with this magnificent achievement, after starring for NSW during the Australian Championships in Perth. In a thrilling final, both boys were outstanding in their 16-12 victory over Queensland. To cap the tournament off, Jackson was named as "Player of the Championships."(A full report is available in Mr Colliss' excellent Rugby League Review.)



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Jackson Hastings and Matthew Jurd

#### **Touch Boys Outstanding Play and Sportsmanship**

After winning ten consecutive matches in qualifying for the NSW Open Boys Touch Championships, our boys stamped themselves as the 'quality' team of the finals, despite losing the decider to The Hills Sports HS, by the narrowest of margins. In a final that was spoilt by a number of controversial "phantom" calls, our boys maintained their class and dignity by playing within the spirit of the game. Our coach, Mr Thomas, was extremely proud of their behaviour in these difficult circumstances and pointed out that they were obviously the "class" team of the competition. Every other match, the boys won convincingly, however "honesty in the face of adversity" always towers above any physical achievement.

On behalf of the school, congratulations on your outstanding display of skill and your unwavering commitment to 'fair play.'

#### **Netball Girls Perform Strongly in Newcastle**

In a hard fought triangular series with Matraville and Hunter Sports High Schools, our girls finished even with their competitors after matches in both the junior and senior divisions. Their rate of improvement is a pleasing trend which augers well for future competition.

# Erindale College Postponed Games Scheduled for the 15th September

After being washed out twice earlier in the year, a large contingent of athletes from Erindale College in Canberra, will participate in the "Friendly Games" at our school on Thursday 15th September, 2011. We will play Erindale in Open Boys & Girls Football at Berkeley Sports Club, whilst there will be an Open Boys & Girls Basketball and Open Boys Touch competition held here at school. Having already played ACT's strongest sporting school in Rugby League earlier this year; this sporting exchange will become an annual event.

Permission notes are now available from the Sports Centre.

Mrs Hill & Mr Nunn



#### Parent & Helpers of ISHS

We are a small group of parents who have banded together in an effort to support the students and staff of ISHS (formerly P&C).

Our first fundraising venture was a 'sausage sizzle' on Friday 5 August. We raised \$432.50.

We are concentrating our efforts towards an upgraded industrial kitchen in the TABS faculty, in which we need to raise approximately \$15,000.00. If anyone in the school community can help out with donations, have ideas on how to achieve our goal through fundraising activities or you are a tradesperson, your assistance would be greatly appreciated. Please contact the school by phone or email - www.illawaspor-h.schools.nsw.edu.au

We have a couple of ideas for our next fundraiser; Movie night at a local cinema and a shopping tour to Sydney in

October. We would like to know what you think, let us know by emailing the school with the subject heading 'Parent & Helpers Fundraising Ideas' or come to the next meeting on Wednesday 7 September at 6:30pm in the TPS boardroom.

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Be part of 'Renovating a classroom' by donating goods or time to renovating some of the school classrooms that have fallen behind the times and do not encourage positive learning. Two faculties have started off this 'renovating a classroom' making a competition out of it. More details and before/after photos soon...

Please come along to our next meeting -

Wednesday 7 September at 6:30pm at school in the TPS boardroom.

#### **Community News**



# Local foster carers needed

We are looking for local people to provide care for children and young people who are unable to live with their own families. Foster carers provide respite (eg one weekend a month), short term, or long term care.

Individuals, couples and families from varied backgrounds, cultural groups, Aboriginals and Torres Strait Islander people are encouraged to apply.

All carers receive training, support and financial assistance.

Interested?

Information sessions are being held on:

31 August, 7 and 13 September at 10–11:30am

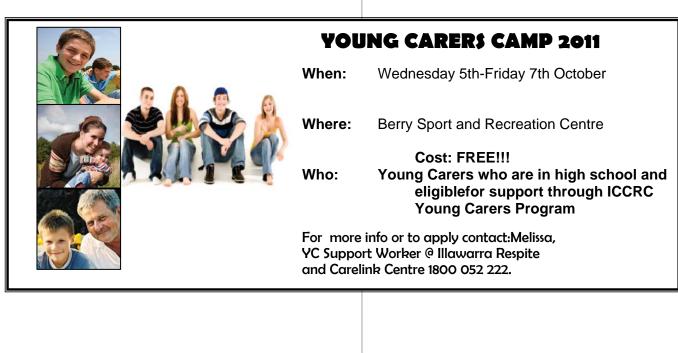
6 September at 6 – 7:30pm

Venue: Shellharbour Community Services

Lot 5 Burra Place, Shellharbour City Centre(Down the arcade next to Rebel Sport and behind Greater Union cinema) Refreshments provided.

Please RSVP to Tracie Fleming on 42556666 or e-mail to Tracie.Fleming@dhs.nsw.gov.au.





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Little Athletics provides the opportunity for ALL children and young people aged between 3 and 16 to participate in healthy activities where the emphasis is on participation and BEING YOUR BEST is as important to us as being the best.

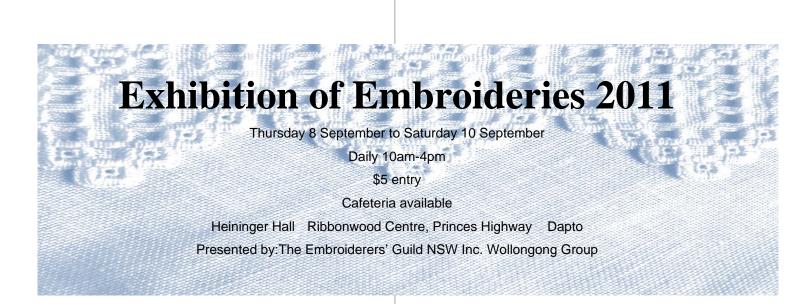
The Dapto Little Athletics Centre will be conducting Dapto Little Athletics Centre Information and Registration Days:

Saturday	27 August	Dapto Mall and Dapto McDo	onalds	9.00am to 1.00pm
Saturday	3 September	Dapto McDonalds		9.00am to 1.00pm
Saturday	10 September	Dapto High School		12.00pm to 2.00pm
		Orientation and basic familia	arisation	2.00pm to 3.30pm
Saturday	17 September	Dapto High School		12.00pm to 2.00pm
		Competition Starts		2.30pm to 5.00pm

For those families who are not sure, we are providing a "Come And Try" program where children are permitted to participate on the 17<sup>th</sup> and 24<sup>th</sup> September in order to see whether the sport is suitable. A parent must accompany any child attending the Come And Try Days.

For further information Phone Allan 42613010, Kaylene 42721122





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### 2011 REGISTRATION DAYS Saturday 3 September Saturday 10 September Saturday 17 September 12.00pm – 2.00pm Location:

Warilla-Barrack Point Surf Club

*"What Ever It Takes"* See warillasurf.org.au for more information



# Illawarra Commonwealth Respite and Carelink Centre

# Young Carer Project

Suite 20-22, Level 1 2 Memorial Drive PO Box 312 SHELLHARBOUR CITY CENTRE 2529

Respite & Information Support 1800 052 222 Phone (02) 4295 5532 Fax (02) 4297 8179 Email: general@scgcommunity.org.au

### Young Carers Program: Who is a young carer under our program?

- Under 18
- Providing regular and significant amounts of care for a family member with ANY health issue
- Still at school

Young Carers might be finding it difficult keeping up at school, be constantly tired, lacking concentration or time for homework because of the care they provide at home. They also might be socially isolated because their caring role prevents them from engaging in recreation activities or spending time with friends.

# What support is available through the Illawarra Commonwealth Respite and Carelink centre?

#### • Education :

Funding for tutoring, lessons in something that the carer desires as a way of respite, advocating on the YC behalf with schools, etc.

Domestic

Respite (providing support to the person they care for while they have a break.) Domestic Assistance (helping around the home with things that need doing.) Referrals to any other support services that might be required.

<u>Social</u>

We hope that in the near future we'll be able to set aside some regular time for young carers to get together with other young carers in their area to have some fun and support each other.

The coordinator is able to do home visits and provide holistic supports for family to ensure that the young person and their family is supported in the best way possible.

Contact : Melissa Winnell : <u>mwinnell@scgcommunity.org.au</u> or 42 955532





## Wollongong City Little Athletics 2011-2012 Registration Information

# Date(s) & Venue(s):

- 1. Sunday the 18<sup>th</sup> of September at Collegians Football Club from 10:00am to 2:00pm
- 2. Thursday the 22<sup>nd</sup> of September at Beaton Park from 4:30pm to 7:00pm.

All existing club members may re-register online @ wcla.org.au, all new members must register in person as a birth certificate must be sighted. Please ensure that payment is made with cash or cheque as we do not have credit card facilities. Anyone requiring uniforms may purchase them at registration.



