

SCHOOL NEWS

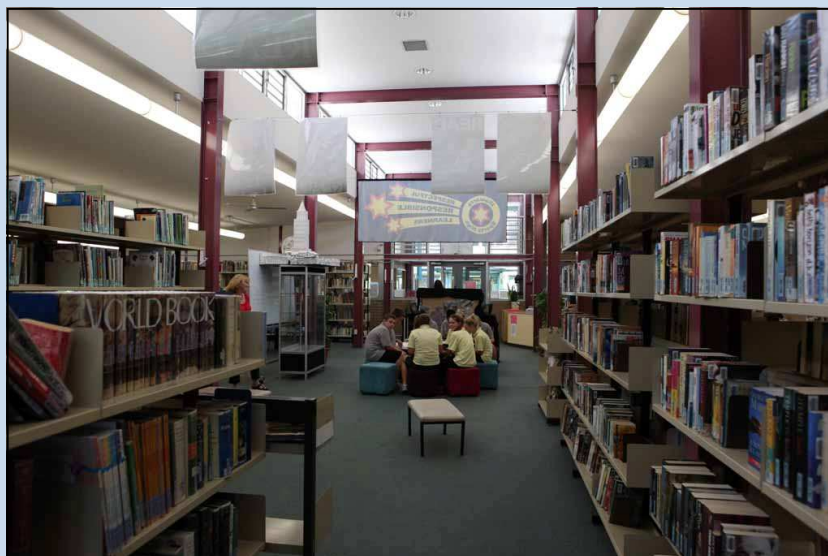
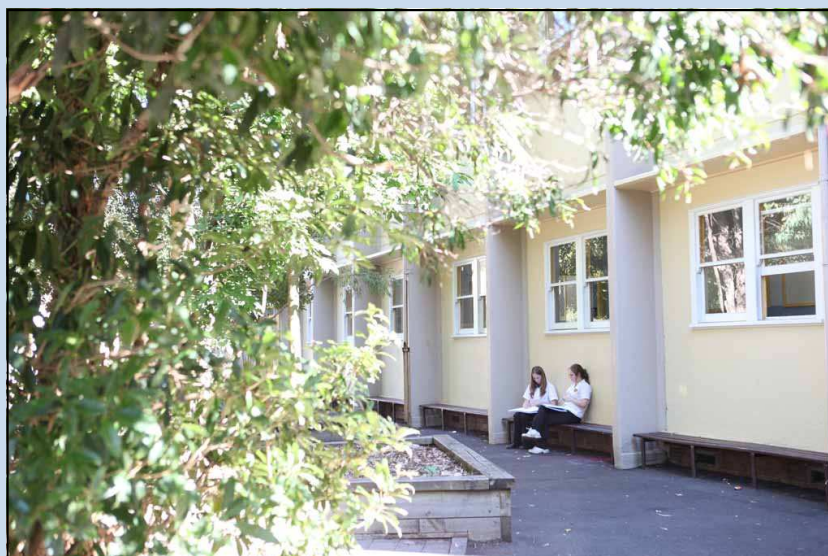


Illawarra Sports High School

Gura St, Berkeley NSW 2506 T 4271 1099 F 4271 3511 e: illawaspor-h@det.nsw.edu.au

May 2012

Term 2 - Week 3



Respectful Responsible Learners



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How to subscribe to the ISHS newsletter

- Go to illawarrasportshigh.com
- Select "Our School" tab on front page
- Select "Newsletters" in left side list
- Click on subscribe button and follow instructions
- **Note:** You ***must be a parent*** of a student at ISHS to register your email address



A message from the...

Principal



Mrs Raechel McCarthy
Principal

Welcome back to Term 2 of the 2012 school year. As the newly appointed Principal of Illawarra Sports High School, I would like to take this opportunity to introduce myself, providing you with some insights into my teaching background and my ideas about some of the key directions for our school.

I was previously Deputy Principal at Figtree High School and, before this, Deputy of Miller Technology High School in South Western Sydney. I have always placed a strong emphasis on setting high expectations of students and staff and love working with students to ensure they reach their full academic, social, behavioural and sporting potential.

A lot of my work has focused on providing challenging learning experiences for higher performing students and I think it is very important to continue this work at Illawarra Sports High School. I also think it's important for students to have a voice in the major directions of our school and want to further extend the work and public profile of our Student Representative Council. For this reason, our weekly school assemblies are now chaired by the SRC.

My initial impressions of the school have been very positive as staff and students have made me feel welcome in the school and have taken the time to meet with me and discuss their ideas on how we could further improve our school. I very much welcome parental input into the ongoing improvement of our school and encourage parents to take an active role in our learning community by joining our Parents and Helpers Group and/or calling the school to arrange an interview with me.

On the staffing front, I would like to thank Mr Gerritsen for all his hard work as Acting Principal during Term 1 and thank Mr Hughes who did a great job relieving as Deputy. I would also like to welcome Mr Delich, newly appointed Head Teacher English and Mr Fitzhenry, our new Head Teacher Maths. Both of these new Head Teachers bring a wealth of experience to their new roles and are valuable additions to our staff. Thanks to the following staff who relieved in Head Teacher positions Term 1; Ms Kuessner, Mr Colliss and Mr McPhillips. Sadly our school said goodbye to Mr Gander and Mr Saunders during Term2. Mr Gander has gone to work in Queensland and Mr Saunders has been appointed to Wollongong High School. I would like to thank both teachers who have made exceptional contributions to our school.

Last week, Mrs Maria Gray-Spence (Regional Director of Illawarra South East Region) visited our school and viewed demonstration lessons in PD/H/PE, Visual Design and a Library lesson. The Year 12 hospitality class hosted a special morning tea on the deck for our important visitor and our school captains, Blake Osmond and Farah Daher, spoke with Mrs Gray-Spence about their ideas for further improving our school. Mrs Hilton also discussed our Asia Literate and Bridge Programs, which allow students the opportunity to understand more about Indonesian language and culture. Mrs Gray-Spence was very impressed with our school and our students and I felt very proud to be part of such a vibrant learning community.

As the year progresses, I look forward to using these newsletters to communicate more about the successes of our school and students. Enjoy the rest of the term.

Mrs Raechel McCarthy
Principal

Respectful Responsible Learners



and from the...

Deputy Principal

Students

I have enjoyed sharing in your successes, attending award ceremonies, functions and various lessons (coffee and cake are always highlights). I especially enjoy those informal and rewarding chats in the playground, during the breaks.

To the hard working dedicated staff who continue to strive to provide the best teaching and educational facilities, your work is greatly appreciated and should never be underestimated. Special thanks to Mr Hughes Relieving Deputy Principal, Ms Kuessner Relieving Head Teacher Mathematics, Mr Colliss Relieving Head Teacher English, Mr McPhillips Relieving Head Teacher PDHPE and the various casual staff who have worked throughout Term 1. Your willingness and ability to learn and competently fill these vacant positions has ensured that student learning at ISHS has not been interrupted or detrimentally impacted.

A number of new staff were appointed during this term. I would like to welcome Mrs Michelle to the SASS position in the Home Economics Faculty, Mr Delich as Head Teacher English formerly from Kiama High School, Mr Fitzhenry as Head Teacher Mathematics formerly Moss Vale High School and the new Principal, Mrs McCarthy formerly Figtree High School. These people have been appointed because of their outstanding capabilities and the positive influence and impact they will provide to Illawarra Sports High School.

I look forward to continuing to work with you all as Deputy Principal.

Michael Gerritsen
Deputy Principal



Mr Michael Gerritsen
Deputy Principal

Advice to Students

HSC Assessments and Submitted Works brochure

All Year 11 students were issued with this document during Term 1. They have recently been issued with a similar document with 'Advice to Parents' as well as a door-hanger that says:

"Don't even think about knocking. I'm studying."

The door-hanger, from the Sydney Morning Herald, provides the students with information on the SMH's new "Smartpass" education resource.

The brochures contain important information about the HSC assessment program. They cover all assessment tasks, examinations, projects, practical works, independent research projects and performances.

The brochures support the HSC: All My Own Work program which HSC students are required to undertake. All My Own Work sets out the principles and practices students should apply when using information in HSC assessments and examinations.

If any parent or student doesn't have the relevant document, please contact the school or speak with one of the Year Advisors.

Susan Haynes
School Learning Support Teacher



Year 7 Camp

From Monday 26 March to Wednesday 28 March 2012 some Year 7 students went on the Year 7 Camp to Cataract Scout Park. The three days were packed full of adventure and fun. Many new friendships were developed, fears were conquered and new skills were learnt. Below is a recount by Year 7 student, Tye West of the excitement that was Year 7 Camp 2012!



Year 7 Camp

By Tye West (7 Stosur)

When we arrived at Cataract Scout Camp we settled into our rooms. We then set out to the mess hall where we split up into groups. We did a whole range of activities such as orienteering through the bush and we completed a muddy obstacle course. In the sky we went on a flying fox and we abseiled. It was so fun!!! We also went on a massive water slide at night. One of my favourites was the giant swing. It was so fun and so was the rest of our time at camp. I hope to go back soon!

Mr Gander and Mrs Potter

from the... Industrial Arts faculty

Jewellery boxes from 8YG3

These quality boxes were hand crafted from Meranti (Maple). They were constructed using rebate and mitre joints. The tops were shaped with a hand plane. A mirror was fitted inside the lid and a scroll sawn design was also included with most students choosing 'mum' with Mother's Day near. Three coats of lacquer were applied with a buffed Scandinavian oil finish to highlight the grain.

This class should be very proud of their work and I look forward to working with them in the future.

B Arnold



Chelsea Bolton



Cooper Hass



Zachary Heffernan

Respectful Responsible Learners



from the... **Science** faculty

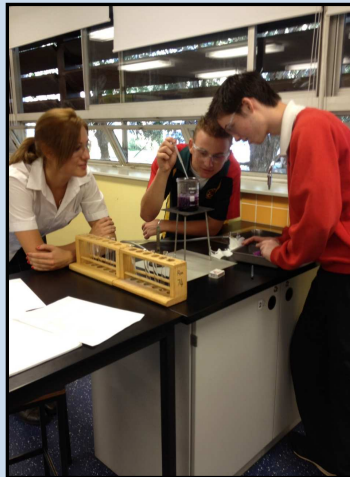
Last week we said farewell to Mr Joseph Gander who had been with us since 2010. He will be missed by staff and students alike. We wish him well on his new venture. In his place we welcome back Mr Tim Wilson. Mr Wilson has taught in the Science faculty before and we are looking forward to working with him again.



Mrs Margaret Thomas



Mr Joe Gander



Year 12 Chemistry has been experimenting with making their own indicators using red cabbage. Acid/base indicators are compounds that change colour according to the pH level. Many indicators are made from pigments extracted from plants. The flowers of hydrangeas contain a chemical that turns blue in acidic soils and pink in basic soils.

In the **Year 9/10 Z elective Forensics** class students have been, amongst other things, dusting for fingerprints and analysing handwriting. The class members have been counting down the time until the next lesson eager to solve the next mystery.

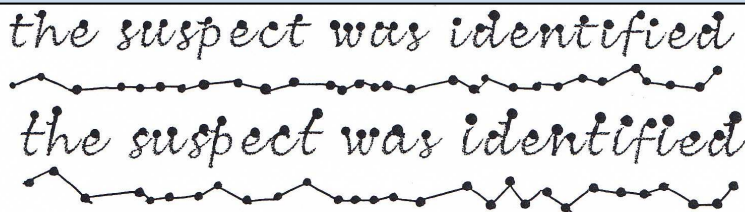


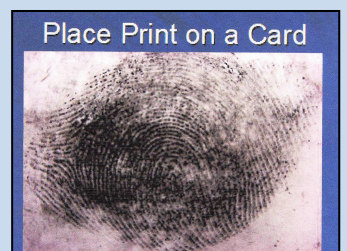
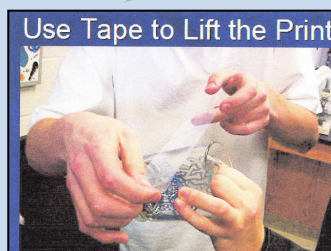
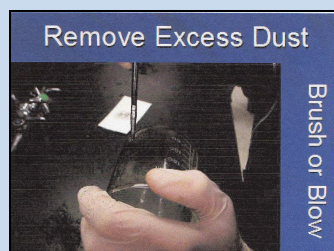
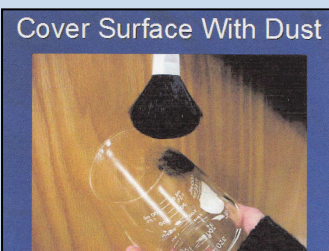
Fig. 24

While a casual observation of the letters themselves can detect no obvious differences, the two line graphs formed by the 'top-of-letter' technique show several clear differences.

While the handwriting appears the same, to a Forensics expert it is significantly different. The Forensics students can tell you why.

Respectful Responsible Learners

DUSTING



from the... **Visual Arts** faculty

Year 12 Visual Arts Excursion

March 1 turned into a very informative and engaging day with fine conditions for us in Sydney. Our small group of Julie, Mary, Kate and Kara experienced an overwhelming variety of art works at the Art Gallery Of New South Wales. Beginning with Picasso then moving through the traditional Australian art galleries, it was easy to see the more representational works were clearly favoured.



Tom Roberts, Frederick McCubbin, Julian Aston and Eugene Von Guerard were crowd pleasers. We could have remained here and just gazed at the detail and superb colour but alas there was more to see.

Next we entered the Art Express exhibition and saw selected works from the 2011 HSC. Wow! There are always images that stay with you and we were not disappointed.



The new contemporary wing with interactive works was a pleasure to experience, especially the mirrored works. Koons, Swallow, Mueck, Paik ... the list goes on.

Finally departing after 2pm to catch the train, we left exhausted but exhilarated. Please don't ask about Dapto station! Next time we will need to concentrate on the trip home and leave the train at our expected destination. A great day was experienced by us all.

Mrs Heffernan
Head Teacher
Visual & Performing Arts

VISUAL ARTS COMPETITION

At the close of Term 1 a competition was designed for the art pupils in 8B and 8I. The task for the students was to "create an imaginary car design" using any ideas and a range of 2D materials. The original car was drawn exceptionally well by Kian Avery. This was copied and enlarged to A3 paper. All pupils were then given 3 art periods in which to show their talents.

The resulting cars were creative and diverse. Congratulations to all pupils for their efforts. The winning entries are shown.



FIRST: Jessica Del Frari



Second: Sean Cunningham



THIRD: Kurt Shore



from the **Performing Arts** faculty

JAMMIN' WITH JAMES MORRISON AND THE MEGABAND

Four students from Year 8 had the opportunity to share the stage with the legendary jazz trumpeter James Morrison as part of a 150 piece megaband.

The students who performed on their saxophones and flute were Zac Nagel-Tynan, Jackson Shearer, James Da Silva and Jacinta Burkinshaw.

They learnt to play some swingin' big band jazz and some groovin' funky stuff. They also rehearsed with Eric Dunan - director of Jazz Studies at the Wollongong Conservatorium of Music and listened to a jazz concert by the Conservatorium Jazz Orchestra, featuring James Morrison.



MEGABAND
Jammin' with James Morrison

Mrs D Haise
Music Teacher



SOUTH EAST REGION JUNIOR MUSIC CAMP

Zac Nagel-Tynan from Year 8 was selected to attend this camp for students from Years 5-10. He played the clarinet and saxophone - and in his spare time (!!) the piano. Zac had a fantastic time and was an asset at the camp.

Auditions have already started for this one night Talent Show to be held in the school hall on **Wednesday 8 August**. We welcome performers of all genres to take part - singers, dancers, instrumentalists, rappers. If you have a particular talent in performance, we want to hear about it. Auditions are taking place over the next few weeks at recess and lunch most days. See Mrs Haise to be involved in the show.

Mrs D Haise
Music Teacher



from the... **TABS** faculty



*Schnitzel Salad
Lauren Bullivant*



*Burek
Lidija Mandic*



Mrs Wood and Mr Clift

YEAR 8 MASTERCHEF CHALLENGE

Year 8YG2 were set a challenge to design a menu containing healthy cafe style dishes. They then had to decide which menu item they wanted to cook in class. They were advised to practice the dish at home with their parents timing them.

Robert Fuller, Stefan Jovicoski and Nicholas Kuzba luckily all practiced their first choice at home and they were disasters, either complete recipe failures or they didn't taste terribly good. So along came the day and fourteen keen and prepared 8YG2 students arrived at school armed with their recipes, ingredients and courage and commenced to chop, peel, slice and cook to their hearts content to produce amazing cafe style creations. According to the guest judges Mrs McCarthy, Mrs Wood, Mrs Pagett, Mr Thomas and Mr Clift these 14 students set the benchmark very high for all future students to complete the challenge. The dishes chosen were creative, delicious and looked very appetising. Well done 8YG2.



*Chocolate Banana Cake
Nick Kuzba*

YEAR 12 HOSPITALITY EXCURSION

On April 5 a group of Year 12 Hospitality students went to Sydney to observe the fine dining establishment that is the Glass restaurant in the Sydney Hilton Hotel. The students were very lucky to meet Luke Mangan (yes, the chef that cooked for Princess Mary and Fred's wedding) who happened to be in house on the day. He chatted to the students and even asked Stephanie Dinh to send her resume. He also provided a signed copy of his latest book to all the students.

We then visited the Food Hall at David Jones to view the latest delicacies with a price range to match. We then walked down to Chinatown for Yum Cha. The students toured the Asian providores around Haymarket including a visit to the produce section of Paddy's Market. They saw the fresh produce and seafood on offer.

Jane Jarman, Teacher

*Students with Luke Mangan
at the Glass Restaurant*



*Students in the
David Jones Food Hall*





from the... **TABS** faculty



Staff and guests enjoying a lovely morning on the Café Deck under the watchful eye of Mrs Jarman



Hospitality students preparing tasty meals



Ms Zoratto and Taigan Luck

Cafeish

Caféish has been operating now for two terms. Year 12 Hospitality students are required to demonstrate the ability to serve food and beverages according to established systems and procedures. Part of their assessment states that they have access to authentic food and drink items and that they can demonstrate skills to operate a commercial food and beverage operation. They also need to meet, greet and interact positively with customers and demonstrate the ability to work with speed and efficiency within typical workplace time constraints.

The students are also assessed on their ability to devise workflow structures, follow ordering and service procedures, use a range of food and beverage equipment, write menus appropriate to the enterprise and to work to industry ratios of staff to customers with the time pressures of a commercial operation.

The students have managed their café excellently with rave reviews every fortnight from our customers. They have taken full ownership of the enterprise deciding on a different menu every fortnight. They change their duties every few weeks and with the change of shift comes a few nerves but, overall, staff are really impressed with their enthusiastic and professional approach to the whole enterprise. Each newsletter we will be printing some of their favourite recipes, and we have had requests for the girls to put together a Caféish recipe book at the end of Term 3 to sell to interested parties.

If you would like to be a customer at one of our cafés the next dates for are:

Friday 11 May: Mother's Day Special
(bookings essential)

Friday 25 May

Friday 8 June

Friday 22 June

Hours: Recess between 10.15 – 10.50

Served on the Café Deck in the Garden Quad

Cost of menu items range between \$4.50 - \$5.00 and beverages are \$3.00

For staff and guests only



Cafeish *Recipe*

Butter Chicken

INGREDIENTS

- 1t olive oil
- 30g butter
- 2 chicken thigh fillets, trimmed and cut into cubes
- 1cm fresh ginger, grated
- 1 clove garlic, mashed
- 1t ground coriander
- ½ t ground cumin
- ½ t garam masala
- ¼ t chilli powder
- ½ cup tomato passata
- 1T yoghurt
- ¼ cup thickened cream
- ½ cup basmati rice
- 1 sprig fresh coriander leaves to garnish
- 2 pappadums, cooked in the microwave

METHOD

Heat the oil and half the butter over medium heat and stir-fry the chicken until it has changed colour. Remove to a bowl.

Reduce heat to medium and add remaining butter. Add ginger, cook 1 minute.

Add spices and cook for 30 seconds.

Add tomato passata and simmer for 5 mins.

Put rice in a china bowl and cover with 2cm cold water. Cook in microwave for 7-8 minutes.

Return chicken to saucepan with yoghurt and cream. Simmer 10 minutes, until chicken is cooked.

Cook pappadums in the microwave on HIGH for 30 seconds.

Ladle chicken mix over basmati rice and garnish with coriander leaves and pappadums.



Italian Tomato and Bread Salad

You'll love this juicy summer side dish.

INGREDIENTS

- 200g stale or part-baked ciabatta bread
- 600g ripe mixed tomatoes, roughly chopped
- sea salt and freshly ground black pepper
- a handful of small capers, soaked and drained
- 1 red onion, peeled, halved and very finely sliced
- 1 x 280g jar roasted peppers in olive oil, drained and roughly chopped
- optional:* 8 anchovy fillets in olive oil, drained
- good-quality red wine vinegar
- good-quality extra virgin olive oil
- a bunch of fresh basil, leaves picked

METHOD

Tear the ciabatta into thumb-sized pieces, then pop them on a tray in a warm place to dry out a little.

Put the tomatoes into a bowl, season with salt and pepper and mix together. Add the capers, onion, peppers, bread and anchovies, if using. Mix again with your hands to really get the flavours going.

Stir in 2 tablespoons of red wine vinegar and about 6 tablespoons of extra virgin olive oil. Have a taste and add more salt, pepper, vinegar or oil if you think it's needed.

Tear the basil leaves over the salad, give it another good stir, and it's ready to serve. Lovely on a hot summer's day with barbecued meats or roast chicken.

Tip: If you can't get hold of ciabatta, any country-style bread will do.



from the... **TABS** faculty



Beverage counter with coffee machine



Full commercial stainless steel kitchen



Utensils in easy to access containers

The New B3

Initially the room back in the 1950's was a home unit used for the purpose of educating girls in housekeeping skills. In the late 1990's it became a third kitchen classroom due to the popularity and growth of the TABS courses Food Technology, Basic Catering and VET Hospitality here at ISHS.

In 2011 money was injected from VET funding, TABS Faculty Budget and the ISHS P&C. This along with the generous donation of extra time and effort from VET construction teacher Mr Adam Cupitt the room was upgraded with stainless steel work benches and appliances complete with coffee machine and service area. Additional upgrades are to continue into 2012-13 which will comprise of a service window and bench with a lockable roller-shutter.

The TABS staff would like to thank everyone involved in the project. It certainly was a much needed up-grade and has made operating the Café and practical food lessons much more efficient and hygienic.

Amanda Zoratto
Head Teacher TABS

Respectful Responsible Learners



The old B3 kitchen



from the... **Community**

Would \$500 help cover education expenses?

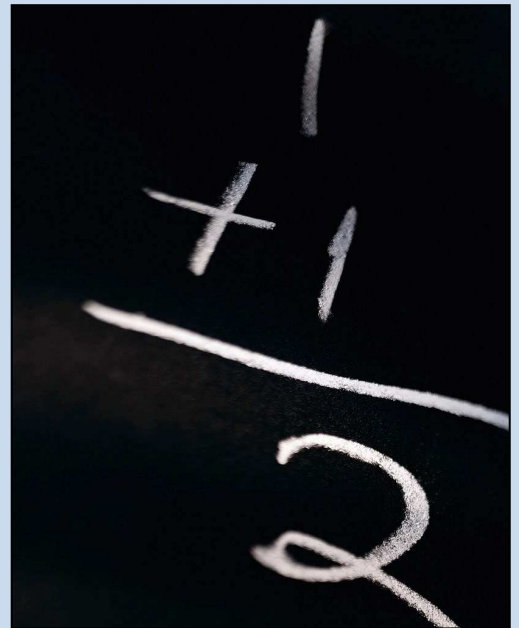
By joining Saver Plus you could receive \$500 to help pay for educational items including text books, computers, uniforms, camps, tuition and subject costs.

Many families are already taking advantage of the Saver Plus program and are saving for educational expenses.

To be eligible you must:

- be a parent or guardian of a student attending school, or be intending to attend vocational training yourself
- have a current health care card or pension card, and
- have some income from work (includes casual & cash work)

To find out more contact Saver Plus on 1300 610 355 or SMS your name and postcode to 1300 610 355.



HAVE YOUR SAY ON WOLLONGONG 2022

Want to have your say on what happens in our City for the next ten years?

Pick up your copy of the Wollongong 2022 plans and learn about our community's vision, goals and key projects that will guide Council, businesses and the community until 2022.

For more information on how to get your copy and have your say visit Council's website www.wollongong.nsw.gov.au or call 4224 7111.



TRAIL BIKE RIDING

Do the wrong thing riding your trail bike and you can be fined

It is illegal to ride an unregistered motorcycle without a licence on sealed and unsealed roads, public land/reserves, sports fields and footpaths. Fines can range from \$110 from riding in a public place or on Council-owned land, to as much as \$1059 if you do not have a licence.

- Fines: No Licence - Up to \$1059
- No Helmet - \$265
- Trespass on private property - \$350
- Public place or Council-owned land - Fail to comply \$110
- Trail bikers can ride on private property with the owners' permission or on a designated club track.

ALISON BRADFORD
WOLLONGONG CITY COUNCIL
Community Engagement Officer
41 Burelli Street | Locked Bag 8821 | Wollongong DC NSW 2500 | Australia
Ph.: (02) 4227 7359
email: abraddord@wollongong.nsw.gov.au





from the...Community

SCHOOL SAFETY AND PARKING AROUND SCHOOLS


Schools have returned for Term 2 of 2012 and Wollongong City Council Ranger Services is geared up to conduct patrols around schools, enforcing parking legislation and encouraging safe parking habits in an effort to increase children's safety. Wollongong City Council and its Ranger Services, has a commitment to safety around schools.

We will be, as a matter of course, patrolling schools in the Local Government Area and we will be responding to complaints of irresponsible or dangerous parking by drivers around schools. We are working cooperatively with the New South Wales Police and the Roads and Maritime Service as we do this. Please help us reduce the risk to our children and help stop these few putting the many at risk.

To avoid confrontation at your school, Rangers will site themselves very obviously to photograph offending vehicles. They will later post out fines rather than risk a confrontation with drivers by handing out the infringement "on-the-spot" in front of children.









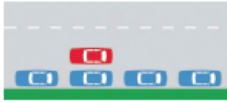
Please feel free to contact me on 4227 7111 about any parking concerns you have, or, alternatively, ask for our Traffic Safety Officer Mr Jack Harrison.

This letter is authorised by
Kevin Savage
Senior Parking Ranger
Wollongong City Council
Direct Line (02) 4227 7111

SCHOOL SAFETY NOTICE TO DRIVERS

In the interest of CHILD SAFETY there is NO EXCUSE for disobeying traffic control signs and road rules in the vicinity of a school. Please read and understand the following traffic controls around your school;

	<p>NO STOPPING</p> <p>Under no circumstances are you permitted to stop on a length of road to which a NO STOPPING sign applies. (Penalty: exceeds \$240 + two demerit points)</p>	
	<p>NO PARKING</p> <p>You are permitted to stop in a NO PARKING zone only while you are engaged in dropping off or picking up passengers. You must not stop for more than two minutes. You must stay within three metres of your vehicle. (Penalty: exceeds \$130+ two demerit points)</p>	
	<p>BUS ZONE</p> <p>You are not permitted to stop in a BUS ZONE unless you are driving a public bus. (Penalty: exceeds \$240 + two demerit points)</p>	
	<p>CHILDREN'S CROSSING</p> <p>You are not permitted to stop within 20 metres before the crossing and 10 metres after the crossing. (Penalty: exceeds \$320 + two demerit points)</p>	
	<p>DOUBLE PARKING</p> <p>A driver must not stop on a road between the centre of the road and another vehicle that is parked at the side of the road. (Penalty: exceeds \$240 + two demerit points)</p>	

EFFECTIVE: 1 JULY 2009

THE COST OF TAKING YOUR CHILDREN TO SCHOOL DEPENDS ENTIRELY ON YOU

wc01 0622 235.01



from the... Community

CITYLIFE COMMUNITY INITIATIVES ADHD SUPPORT GROUP

Coffee and Drop in Morning

Last Friday of the month (May 25)

10.30am – 12.00pm

Citylife Church

2/129 Jardine St (west end)

Fairy Meadow 2519

Information: 0242844414 or 0434783710

Gold coin donations appreciated

Upcoming workshop:
5th and 12th June 2012

- **Wollongong**
Wollongong TAFE Auditorium
Tuesday 5th June 2012
6:15–8:45pm
- **Shellharbour**
Shellharbour TAFE–Block J
Ground Floor
Tuesday 12th June 2012
6:15–8:45pm

-Student Workshops + Parent information session

Employability Skills
For students in Year 10-12

Limited numbers so please register your interest to attend

PRIZES & GIVEAWAYS

For Students:

- Résumé writing
- Interview techniques
- Presentation skills
- Employee perspectives
- Social networking

For Parents:

- Connecting learning with jobs
- Subjects that matter
- Training opportunities
- Employer perspectives

RSVP:
Cara Chapman on 42609349 cara.chapman@thesmithfamily.com.au
Donna Rogers on 42857330 donna.rogers@thesmithfamily.com.au
By 25/05/2012

Proudly supported by :
The Smith Family, The Department of Human Services, TAFE Illawarra, Australian Careers Business College

Berkeley Neighbourhood Centre

Youth activities at Berkeley Neighbourhood Centre

Winnima Way, Berkeley

Come have fun, play pool, games and hang out on Mondays, Wednesdays and Fridays from 3-6 pm at Berkeley Neighborhood Centre. Play sports on Mondays (rugby, basketball, soccer etc.), cooking classes with free delicious food coming up on Wednesdays and come and dance Hip Hop on Fridays!



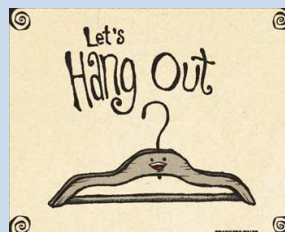
The community center would also like to inform about Australia's biggest morning Tea event on the 24th of May from 10 am onwards. The event is a fundraiser for cancer and everyone is welcome.

Please contact us at the community center if your school wants to participate in the event before the 21st of May. Ph. 42711661

Mondays 3 pm to 6 pm
Come and play sports
basketball, touch rugby, soccer



Wednesdays 3 pm to 6 pm
Come and hang!
Cooking workshops with
FREE FOOD coming soon!



Fridays 3 pm to 6 pm
Come and dance Hip Hop with Josefine!
Dance classes starts at 4 pm
No experience required!

