

SCHOOL NEWS



Illawarra Sports High School

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Issue 3 - Term 4 - Week 4

Principal

from the

As we are nearing the middle of term 4, it would be easy to think that your teachers are starting to relax, with thoughts of Christmas taking over. In reality however, our teachers are working more intensely than ever. This time of year is reporting as assessment time. A time where teachers spend hours upon hours of non-teaching time and after school time marking and reporting. I would like to thank all the teachers in advance for the hard work that they will be putting in during this period.

Term 4 is also a time for planning for the future. Our executive are currently planning strategies for the next 3 years. It is a requirement of the Department of Education and Communities that we have a 2012 -2014 Strategic Plan. This plan is a document that helps drive our school and community towards improved outcomes in teaching and learning. There are 5 priority areas in our school plan and they are:

1. Aboriginal Education
2. Curriculum and Assessment
3. Leadership and Management
4. Literacy and Numeracy
5. Engagement and Attainment

The Illawarra and South East Region of the Department of Education and Communities also emphasises Aboriginal Education, Leadership at all levels, Moving the middle to the top and Student engagement in their plan. As a school community, we will address all these areas to create our strategic plan which will be put up on our website.

It is with great sadness that I inform you of the passing of Gloria Sykes. Gloria is the beloved friend of Ernie Sykes and the mother in law of Dave Palov. Ernie and Dave are 2 of our bus drivers and are loved and respected members of our school community. Gloria had been sick for some time and Ernie and Dave continued to support our school on a day to day basis. Our thoughts are with Ernie and Dave and their family in this difficult time.

Unfortunately we have seen some industrial action this term and are expecting more industrial action in the future. The majority of the teaching staff of ISHS are strong supporters of the NSW Teachers Federation and support the need for industrial action. I would like to thank our school community for making other arrangements at these times.

A committed group of parents are meeting regularly as part of our Parents and Helpers group. This group is determined to contribute to improving the learning outcomes of our students and to improve the school environment. Our next meeting is on November 16 at 6:30pm in the sports office. All parents are welcome!

Illawarra Sports High School has a facebook page! This page has been set up for the purpose of improving our ability to communicate with our school community (mainly our parents). You should be able to find our page at the following link

<http://www.facebook.com/#!/pages/Illawarra-Sports-High-School/231135326947573>

however if you get stuck, just ask your children. We would like you to 'like' our page to receive updates. There will be strong protocols around the use of facebook in our school so please use this as a resource to receive information.

Finally, there will be many changes in staffing at Illawarra Sports High School at the end of the year. I will reflect more on that in our next issue of our school newsletter.

Respectful Responsible Learners



Deputy Principals

from the

Congratulations to all Year 12 for fulfilling the requirements of their HSC Courses. Of course the final component is the sitting of HSC Exams. This runs until the **19 Nov**. Thank you to all teachers and parents for the combined effort of getting students to this stage.

Year 11 recently commenced their HSC courses. An assessment booklet which includes schedules, weightings, outcomes and tasks has been distributed to each student and also uploaded onto the school's website. This guide should be used to help plan the balance between study and lifestyle pursuits.

Year 10 students recently commenced their School Certificate Examinations on Monday November 7. Good luck to all in this stepping stone towards your future educational pathway.

At the completion of the examination period, Year 10 move on to work experience and finish the year with the program, 'All My Own Work'. This is a mandatory course which outlines the fundamental requirements of assessment.

Numeracy and literacy continues to be a focus at the school. Faculties are currently programming a unique course specific to each KLA (Key Learning Area) for Years 7 and 8. Students will study four periods per cycle with the overall aim of improving their NAPLAN results.

As always Illawarra Sports High School continues to offer opportunities for all students both sporting, academic and vocational pursuits within the public educational framework.

Respectful Responsible Learners

Library News

Spooky times in ISHS Library...

Did you know that the library has a great collection of horror and thriller books? Our Halloween display gave students the opportunity to borrow some of these spine chilling books and receive a gummy body part as a bonus! Have you read classics such as "Pride and Prejudice and Zombies"? Or what about "Little Vampire Women"? Come and ask for other suggestions to sink your teeth into...

This Friday 11th November marks the anniversary of the armistice that ended the First World War (1914-1918). The library will observe a one minute silence at 11am to remember those who have died or suffered in all wars, conflicts and peace keeping operations. We have an extensive range of resources related to Australians in war and will be encouraging students to read about these brave men and women.

Don't forget to start thinking about what you would like to read during the summer holidays and write it on our request forms found at the front desk.





SRC

Student Representative Council

Respectful Responsible Learners

INDUCTION CEREMONY

Illawarra Sports High School was proud to hold the Induction Ceremony for the incoming 2012 Student Representative Council in the School Gymnasium on Thursday October 20, 2011. The new Captains, Farah Daher and Blake Osmond, were inducted along with 24 new SRC Members. The induction marked a significant change for the SRC, with a new constitution and the terms for members changing to reflect that of the 'year 12 school-year'.

Inspiring speeches were delivered by the Special Guests, the Federal Member for Throsby, Mr Stephen Jones and Former ISHS School Captain, Ian Murray. Both spoke about the importance of leadership and the essence of hard work to success.

In their acceptance speech, Captains Farah and Blake said they were 'excited' and 'humbled' to take on the challenge of leading the SRC. Together, they pledged to do their best to make their vision of a coherent, strong, and driven SRC, a reality.

Special thanks go to the SRC Directors, Ms Jenny Hilton and Ms Pip Havilah for their work and enthusiasm, and the Head Teacher (HT) Welfare, Ms Christine Campbell, for her continued support and assistance.



Tory Brunning accepting his pin from Mrs Campbell



*Tim Cole VC, Elizabeth Kuskovska VC
Farah Daher SC, Blake Osmond SC*



*2012 Junior and Senior SRC
with Mr Spillane, Ms Havilah, Mrs Hilton and Mrs Campbell*



*Guest Speaker
Former School Captain, Ian Murray*



Mufti Day

Surf into Summer



The new SRC held their first fundraising the day after the 2012 induction ceremony, on Friday October 21st. Students were asked to 'Surf into Summer', by wearing their loudest summer clothing and participating in a school BBQ. Funds raised will be split between MS Australia, for which HT HSIE, Mr Thompson shaved his head, and SRC funds. At the end of the year, all SRC funds will be collated and donated to the school.

The day was a great success, with over \$1100 collected. A number of students participated in the mufti day, along with a number of teachers pulling out their loudest Hawaiian shirts! The BBQ, which was accompanied by a slushee machine, was a great success. Over 350 sausages were sold, and the slushee machine was such a success, a quick trip to Bi-Lo for cordial was required!

On behalf of the SRC, we thank everyone for 'surfing into summer' with us, and we look forward to our next fundraiser. Great job guys!



Students manning the slushee machine



Mr Gander, Ms Havilah and Mrs Hilton

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Surviving Exam Stress

You may have heard the saying that “parents are only as happy as their least happiest child”. If this is indeed the case, then exam time is a time of significant stress and challenges for both parents and their children. The key to survival during this time, is therefore in parents supporting their child/ren to manage their stress and in managing the contagious effects of this stress on the rest of the family system.

This information sheet is designed to give parents some survival tips and strategies for supporting children and young people during exam time.

Help your child to think about **goal setting** – knowing what goals they want to achieve is an important first step in planning for the future. Then they can research what is needed to reach their goals.

Tune into what your child wants to achieve. This may be completely different to the goals that you hold for your adolescent.

Maintain perspective: Success in exams is wonderful and can lead to further success and confidence in children and young people. At the same time, success in exams, at the expense of a young person’s mental health or their relationship with their parents may not be worthwhile.

Notice and praise your child’s efforts at developing and maintaining a study plan. If necessary and appropriate, help them to develop the plan, manage their time and to avoid other distractions e.g. accessing social networking sites, phone-calls etc.

If your child feels unprepared and anxious, **don’t panic** with them or make things worse with “I told you so’s”. **Reassure** them that they can only do their best and help them to develop and apply relaxation and time-management techniques.

Be supportive by giving your child space and leeway as they go through a very stressful time in their life. Try to have **realistic expectations** about what you can expect of your child in terms of helping around the house and try to avoid nagging them about minor issues.

Ensure that child has an appropriate **environment** for study. They should have a dedicated, **quiet space** that is comfortable, has adequate lighting and is free of clutter.

Provide emotional support: Acknowledge the challenges and perseverance it takes to stay focused on studying. Be there for them, be supportive and encouraging. Praise them for all of their achievements.



Support your child to find a **level of balance** in their life of study, socialising, and recreation that is appropriate to the goals that they wish to

Lastly, and very importantly, prepare **yourself** for the exam results. This can be a very emotional time for families either in celebration of a great achievement or problem solving after a disappointing result. Either way it is good to allow your child to have the feelings that come with the result. If it is a disappointing one, it is good to name the feelings (eg. disappointment, shame and jealousy) and to help your child manage this intense new feeling and to eventually move on to look at other options that are available as well as what they can learn about themselves in the process. Often just being able to sit with your child’s despair creates closeness and a sense of support. Adults usually want to move away from those feelings and start problem solving too quickly. Of course we know there are a number of ways forward after a disappointing result, but it is important for us to be there with our child through this challenge and give them time to feel, to heal and then move on with problem solving.

If you want to talk about how you are managing parenting a HSC student with one of our professional counsellors, call 1300 1300 52 or visit our website www.parentline.org.au for tips sheets and parenting stories.



Senior SRC meeting with Mr Prior



On 13 August, 2011, the Deputy Director General Schools Mr Greg Prior and Relieving Regional Director Mr Phil Hirst visited ISHS as part of their responsibility to visit a certain amount of schools per year.

Our guests visited several class rooms including a Year 9 Science class using the DER laptops in an electronic classroom environment and the Year 12 Hospitality class. The visitors were greeted by the Principal, Deputies and School Captains and also inspected the school gym and grounds.

Morning tea was served on the new cafe deck built by the construction students in 2010. The Year 12 Hospitality students cooked and served a delicious array of food and made cappuccinos for all.

Opportunities like these allow the schools to discuss specific issues with these senior educational leaders. Our principal discussed with Mr Prior some of the difficulties with running a Sports High School. He also discussed issues such as shelter and aging facilities.

Overall, the visitors left with a highly positive view of Illawarra Sports High School, our staff and our students.

VIP Visit



Mr Prior, Mr Hirst and Mr Spillane observing the Hospitality students



Mr Prior and Mr Spillane Enjoying morning tea on the deck



Year 12 Hospitality class with Ms Evitt, Mrs Steele and Mrs Michell



Mr Prior and Mr Spillane in the school gym

Yr 9 Excursion to Canberra

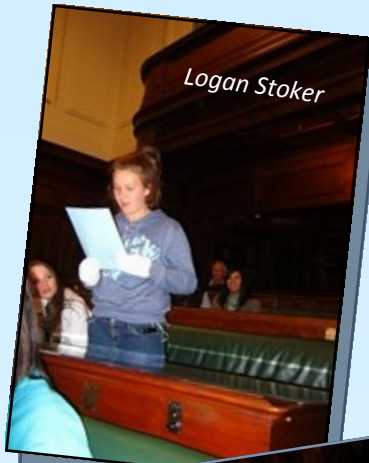


During Week 8 of Term 3, 46 Year 9 students went on an overnight excursion to Canberra with Miss Mills, Miss Armitt and Mr Clift as part of our History course. It was a busy 2 days jammed pack with lots of fun activities for the students! We left school at 8am on the Thursday and arrived home at 8.30pm on the Friday night. While we were there we visited the War Memorial, the National Museum, Old and New Parliament Houses and Questacon.

All the students appeared to have a great time away and enjoyed the opportunity to experience History outside of the classroom. We would like to thank the Australian Government and their National Capital Educational Tourism Project for their assistance towards this excursion and the \$20 Parliamentary and Civics Education Rebate (PACER) they have provided for each student who attended this great excursion. This rebate will be organised for students shortly. Here are a few comments from the students on their favourite parts of the excursion.



Students outside the Australian War Memorial



Logan Stoker



Anastasia Bereta and Miss Mills

I liked the whole trip and I really enjoyed the Old and New Parliament House and the War Memorial. I also liked how we went to Questacon. I would like to say a very big thanks to Miss Mills, Miss Armitt and Mr Clift, without them the trip would not have happened and a very big thanks to our bus driver without him we would not have been able to go

Stacey Bolton



Anastasia Bereta & Logan Stoker

My Canberra experience was amazing! My favourite parts of the excursion were at the War Memorial there is so much history in there it is a lot to take in, in the few hours you have in there, but what you see is life changing and you realise how truly grateful you should be and those soldiers that fought for our country and sacrificed their lives for us. My second favourite thing was at Questacon just that place is amazing all together everything you do there is FUN! My third favourite place was the Old Parliament House it is changed into a museum and we got to learn more about prime ministers, it was fun and educational at the same time. I would like to thank Miss Mills, Miss Armitt and Mr Clift for giving up their time and Miss Mills for taking her time to organise the whole excursion if it wasn't for Miss Year 9 would never have had this amazing experience.

Anastasia Bereta

What I liked most about Canberra was the free fall at Questacon, it was fun and scary

Shonara Langley



Liana Dimovski and Brendan Croker

I enjoyed the War Memorial and how people respected the antics and deaths of those soldiers who died fighting for our country

Atu Falevai



Liam Holmes, Damjan Zugic & David Kotrc



Sportz Cafe



*Staff enjoying the ambience
of the cafe deck*



Over the last two terms Hospitality students have been very busy organising and running the 'Sportz Cafe' for staff and senior students as part of their school assessment.

Every second Tuesday and Friday, students have prepared an array of delicious morning teas and lunches and a great selection of beverages which are served on the new school deck or purchased as takeaway.

The cafe has provided an invaluable opportunity for the students to develop catering skills. Whilst the work has at times have been challenging, the improvement in the student's organisation, teamwork and customer service skills has been amazing. The positive feedback the classes have received has been very encouraging and I'm sure many staff will miss our cafes when Year 12 leaves us at the end of the term.

The classes have done an outstanding job and are to be congratulated on their effort and commitment in Hospitality.

T McPherson
(Year 12 Hospitality Teacher)



*Our talented hospitality students
preparing coffee and a tasty menu*

**Respectful
Responsible
Learners**



LOTE

Language Other Than English

Mr Gander and Mrs Hassen's classes are holding a LOTE world Cup between their Italian and German classes. The students have learned songs, soccer chants and slogans in their languages to cheer their class team on. The Grand Final will be in the last week of term. Good luck to all teams.

In LOTE we are having a FIFA WORLD CUP SOCCER COMPETITION.

8Y, 8G, 8O and 8R are playing each other in a LOTE World Cup. The first game was an intense game between 8Y and 8R, with 8Y coming out on top 4-3. Yay!

In class we are making flags and banners to cheer on our fantastic soccer team and Scott Ratcliffe is our team mascot.

Gehn Deutschland!!!

Taylor Hennessy-Worth and Taylah Clark



8Y German Team



Mrs Hassen & Tiarne Petrovich



Respectful Responsible Learners



Sport Report

Football & Rugby League Squads Cross Training at Port Kembla Beach

It is very pleasing to report that the cross training occurring at Port Kembla beach has been very successful. There have been numerous games of beach touch and football to date, as well as many students enjoying the pool. Whilst we have also been performing various running activities along the beach, I would like to emphasise that no students are permitted to swim in the ocean. Students respect of this instruction has been very pleasing.

Respectful Responsible Learners



Sports Presentation Night Tuesday 8th November

As another successful sporting year draws to a close, it is time to reward our outstanding contributors and / or achievements in 2011. This year, our awards presentation will take place at Berkeley Sports Club on Tuesday, 8th November. Finger food will be served from 5.30pm, with the presentation commencing at approximately 6pm. In attendance we will have two special guests, Keith Lulia & Josh Starling, both ex-students and previous members of our Rugby League program. As well as being wonderful ambassadors for our school and the area, they certainly have had an exciting career path as professional sportsman. Additionally, we will also acknowledge our own current superstar, Caitlin Foord, with a special presentation.

For all students who have paid their fees there is no cost, for everybody else, \$20 is payable to the Sports Office by Monday lunchtime. (Primary school siblings can attend for \$10)

We certainly encourage all people within the school sporting community to attend, it is always an enjoyable night.

Endeavour Sporting Visit A Success

Despite selecting the hottest day of the year for our Southern Sports High School's Challenge, our 5-a-side footballers and Oztaggers enjoyed a successful day of competition against Endeavour Sports HS, last Monday. Played on the new synthetic small sided football fields, our eight (8) teams enjoyed strong competition and success against their Endeavour counterparts.

Over at Endeavour's rugby league fields, our Year 7 & 8 league boys won 2 out of their 3 games, although all were hard fought battles.....which made our stop back at Heathcote McDonalds all the more enjoyable!

As always, if you have any enquiries, please don't hesitate to contact Mrs Hill or Mr Nunn at school on the following number.

Ph. 42711099 Ext 147

Community News

ILLAWARRA SENIOR COLLEGE

Quality Learning Supportive Environment

ENROLLING NOW FOR 2012

Information Evening

Tuesday 25 October @ 6pm

HSC & School Certificate
Study over 4 days (Monday to Thursday)
Full-time & part-time study options
School Based Traineeships & Apprenticeships available incorporating the New Industry Training College, with State-of-the-art training facilities

Berkeley Neighbourhood Centre will be running the following programs:

Pilates – Monday mornings 9:30 to 10:30am

Toning Class - Thursday mornings 9:30 to 10:30am

Zumba – Tuesday evening 5:30 to 6:30pm

Hip Hop – Monday afternoons 3:30 to 5pm (for young People)

Garden Lovers Spring Festival – Held on the 7th of October from 9am to 1pm.

On this day we will be commencing an Aboriginal Art project that will be displayed inside the Neighbourhood Centre.

Some programs will incur a small fee.

For more information you can call the centre on 42711661 or email byp@bigpond.net.au

Community News

Learnsafe Workshop Next one Tuesday 29th November 2011

These are free 2 hour workshop for parents and supervisors of learner drivers. The "Learnsafe Workshops" are designed for parents and other licensed drivers who will be supervising learner drivers. Learner drivers are also encouraged to attend, with their supervising driver(s). The workshops aim to give a better understanding of the new laws for "L" and "P" drivers, how to complete the Learner Driver Log Book, understanding the benefits of a structured approach to teaching learner drivers, and helping with coping mechanisms for dealing with the stresses involved.

- Time: 6 pm – 8 pm (please be ready for the workshop to start at 6 pm sharp)
- Venue: Level 10, Committee Rooms 2 & 3, Wollongong City Council, Burelli St.
- Supper will be provided, everything is free of charge

Bookings are essential. Please contact me for further information.

Jack Harrison

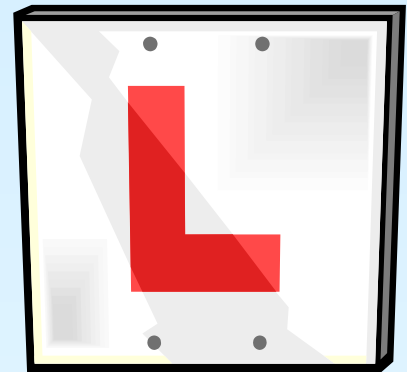
Road Safety Officer

Wollongong City Council

Phone: (02) 4227-7261

E-Mail: jharrison@wollongong.nsw.gov.au

Post: Locked Bag 8821, Wollongong DC NSW 2500



Have you heard about the Unanderra Homework Centre?

Unanderra Homework Centre is a place that you can get some help with homework and projects for free! Volunteer Tutors will help you get your homework done. Doing you Homework with someone can make it quicker and easier! J

We have fully equipped computers with internet access, colour printer/copier and stationary needs and we are conveniently located next to Unanderra Library!

We are open from 3:30pm-5pm on Mondays in School Term.

Where? Unanderra Community Centre, Corner of Factory Rd and the Princes Hwy, Unanderra.

For more info please contact Julie on 4272 5582 or Amy on 4260 9349 or drop in and have a look ;)



Amy Williamson

Learning for Life Worker (Mon & Tues) | The Smith Family

Dapto High School

GPO Box 10500, Dapto 2530

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thesmithfamily.com.au

The Smith Family is a national, independent children's charity, helping disadvantaged Australian children to get the most out of their education, so they can create better futures for themselves.