

SCHOOL NEWS



Illawarra Sports High School

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

November 2012

Term 4 - Week 8



AFL Giffen-Mulholland Cup P13



*Halogen 2012
National Young Leaders Day P3*



Music Count Us In P6

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- Go to illawarrasportshigh.com.au
- Select "Our School" tab on front page
- Select "Newsletters" in 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
- **Community members may view all ISHS newsletters through the school's website.**

Parents & Helpers

Meetings are held every **third Wednesday** of the month at 4pm in the school library

Next meeting:

Wed 20 February 2013

Respectful Responsible Learners



A message from the...

Principal

Hello everyone and welcome to the final edition of our newsletter for this year.

I would like to start by announcing some important staffing changes. Mr James Murada was successful at interview and has been appointed as a permanent Science staff member at Illawarra Sports High School. I am sure I speak for all staff and students when I say we are very happy that he has joined our staff as not only is he a great Science teacher, but he contributes to the TSDP program and musical events within our school. Another important change is that in 2013, the school will be using some of the transitional equity funding staffing allocation to appoint Mrs Campbell as a third Deputy Principal for the year. Mrs Mignon Lerch will relieve as Head Teacher Welfare.

As usual, we are having a very busy end to the term.

On 31st October all 2013 Year 7 TSDP students and parents were invited to attend a special orientation day at Illawarra Sports High School. Mrs Amy Child (Head Teacher TSDP) explained the nature of the program to students and parents. The Talented Sports and Development Program has been changed to include more of an academic focus and all coaches have been placed on contracts as per departmental guidelines. A new "All Code" sport has also been introduced at the school.

On Monday 5th November a special SRC induction assembly was held in the school gymnasium. The school had invited the three principals of our partner primary schools to attend and present some of the SRC badges and Mr Attard (Berkeley West Primary) and Mrs Jan Hagan (Berkeley Primary School) were able to attend on the day. Many parents and family members of the SRC students attended the ceremony and stayed behind for a morning tea prepared by senior Hospitality students



Mrs Raechel McCarthy
Principal

On the 14th November the Year 12 formal was held at the Chifley Hotel, Wollongong. 25 teachers and all but two Year 12 students attended the night and were entertained with a lollie bar, novelty photo booth and DJ. Student behaviour on the night was exemplary and a great night was had by all students and teachers. Many thanks to Mr Ryder and Mrs Goodyer for organizing the formal.

One fantastic group of students I would like to congratulate are the Year 8 and 10 Student Technology Leaders who gave a fantastic presentation at Regional Office this week where they outlined how they are teaching primary school teachers and high school teachers technology skills (see Ms Steel's article in this newsletter for further details)

Congratulations also to our new school captain, Casey Jamieson who has just won the Dapto Lions Club Youth of the Year Quest and will now go on to the next stage of the competition in February. The Youth of the Year Quest is a leadership and public speaking competition run by Lions clubs across Australia..

A reminder to all parents that our annual Student Presentation Day will be held on 12 December. Student end of year reports will be issued to all students in Week 11 and the final day of school is Wednesday 19 December. In 2013, school resumes for Year 7,11 and 12 students on Wednesday, 30 January. The rest of the year groups start Thursday 31 January.

I hope you all enjoy reading this newsletter and on behalf of all the staff at Illawarra Sports High School I wish all parents, carers and students a safe and enjoyable Christmas holiday. I have very much enjoyed my first year as principal of Illawarra Sports High School and am looking forward to working with students, staff and families in 2013.

Merry Christmas!



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SRC

Student Representative Council



Halogen 2012 National Young Leaders Day

On the 19th of November Illawarra Sports High Senior SRC members ventured out to the Halogen 2012 National Young Leaders Day at Darling Harbour in Sydney. We heard five very inspirational educated and empowered people who gave amazing speeches to empower our young generation on how to lead and how to become a leader using various values and techniques.

Mike Martin, the CEO of the Halogen foundation talked about influence and how different influences can steer you in the right direction towards leadership. The Halogen foundation seeks to provide the right conditions for producing a generation of leaders who will burn bright on behalf of those they lead. Martin says it is not only the influences around you but how you influence yourself. *"...before you lead anyone, lead yourself..."* Martin went on to talk about how leadership is *"...about having passion towards your goals but not about the skill you possess..."* It is passion that makes change possible. He said to become a leader *"...don't worship leaders, learn from them..."*, and move towards positive leadership.



Doctor Karl Kruszelnicki talked about the past and present knowledge of global warming. He explained the scientific proof and evidence of the problem which he believes is a serious issue that needs to be addressed by the leaders of the future. To affect change you must believe in yourself, *"..you can't let failure defeat you..."* and that leadership is *"...99% perspiration and 1% relaxation..."*

Ronni Kahn is the founder Oz Harvest which is a not for profit organisation donated food for free to disadvantaged people and families. 380,000 meals have been delivered this month and 15 million meals in total. Kahn finds her inspiration by helping people with their lives and supplying food for them. The smiles on the faces of the people she has helped brings her so much joy and honour that she loves what she is doing and will continue to make people's lives better one family or person at a time. She believes that *"... tiny little acts of kindness can have a ripple effect..."*

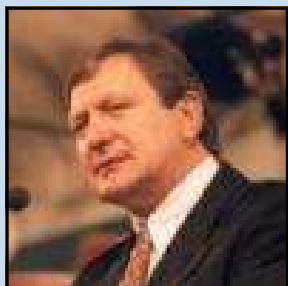


Kahn says her success is based on the belief, *"...don't ever think that an idea is too little or meaningless..."* Kahn is inspired by the Deli Lama whom she has met. His principle on food is *"...I eat to live, I don't live to eat..."* For Ronni, she realised that people of all backgrounds celebrate with food, that people surround themselves with food. It's how we live.



more...

Halogen 2012 National Young Leaders Day



AFL legend, **Kevin Sheedy** has been a part of four premierships and over 300 games and is an inspiration in AFL circles. Sheedy has learnt to appreciate life and also his parents because the gift of life you should be treated as such. Kevin told us about how he is constantly planning for the future and his future goals. He is constantly writing down things he could use to benefit himself in achieving his goals and he urged us to do the same. His enthusiasm for life shows when he said, "...you should always take opportunities that show themselves..." and "...give your life 100%..." Kevin's view on life is "...that you are on a pathway to eventual success and the journey is the best part...". We were left thinking about a real leadership point: "if you plan a fail, you fail a plan..."

The last speaker to present was **Taga Paa** from the TV show, The Voice. Paa works as a youth worker but has always loved to sing and started at a young age. Although he lacked confidence at the start of high school he was given assurance during Year 11 by his teacher who said "... no matter what you're going throughout in your life I will help you..." Paa talked about his time at The Voice and how life changing it was for him and how he realised what is important in his life.



After leaving the show, Paa felt 'empty', missing the limelight of television. He realised that "...TV lights and cameras will turn off but who doesn't is you..." so you have to find it within yourself to make a difference and break the silence. He sang to us a Michel Jackson song, 'Let's Make a Change' and explained that he would prefer to talk through music. He is very passionate about his music and is humbled by his talent, but always knew he was good at helping people. So Paa is working at schools to help the youth within those schools to overcome problems. His job is similar to that of a counsellor. He also left us with this message "...you're here to make a difference, so just be yourself and don't care what anyone thinks..."

National Young Leaders day turned out to be the most inspirational, motivating and enjoyable day for the Senior SRC. No doubt we will have this day bookmarked in our calendar next year. It is an opportunity you can't miss.

Mollie Tranter

Vice School Captain





SRC Induction



On the 5th November 2012, the school was proud to host the induction of the 2013 SRC. The ceremony was hosted by Ms Christine Campbell, who did an excellent job as our master of ceremonies.



Mrs McCarthy and Madison McGinn

We also had two guest speakers – Louiza Clancy and Tshibanda Gracia Ngoy who we would like to thank for taking time out of their busy lives to come and speak to us.

We would also like to thank both Jan Hagan and Andrew Attard for attending the ceremony. Yet, of course, it wouldn't have been possible without the hard work and dedication of Ms Pip Havilah and Ms Jean Grey. Also, to the all the parents who attended, we hope you had a lovely time and we wish to see you again in the future.

Casey Jamieson
School Captain

MOvember



You may have noticed some Moes popping up around the school over the past month. That is because the Year 11 TSP students and some staff members have been raising money for Movember. The funds raised by the students and staff support equally the two biggest health issues men face – prostate cancer and male mental health. The funds raised are directed to programs run directly by Movember as well as the Prostate Cancer Foundation of Australia and Beyond Blue: the national depression initiative.

The students ran two fundraising day and both were a tremendous success. The first was Fake Moe day; students wore fake Moes and made a gold coin donation. We also ran a Football passing competition, where students had to hit the right Moe they received a prize. Prizes ranged from fake Moes to Rabbitohs gear (donated by Rabbitohs player and ex-student Josh Starling). Mr Gannon kindly donated his beard to our Movember fundraiser and we are happy to announce that as a result of these two days we have raised \$470 for Movember. Well done!

Miss Starling
Teacher



Music Count Us In



The song that stops a nation...

On Thursday 1st November at 12.30pm students from our school were joined by the Berkeley Songbirds choir directed by Sarah Lambert to perform this year's song "Different People, Different Places".

This included our singers, saxophonists, clarinetists, guitarists, bass guitarist and drummer all taking part. The song was written by high school students and schools and community groups were invited to learn the song and perform it at the SAME TIME, on the SAME DAY.

There was also a direct podcast from Canberra where the countdown began. It was a thrill to think that one million people were singing the same song with us from all around Australia!

Well done to all who took part! We look forward to taking part again in 2013!

Despina Haise
Music Teacher





Recognition Awards for ISHS

Jane Jarman was nominated for Dedication to Teaching, Student Engagement and Strengthening Community Links at the World Teachers Day Recognition Day 2012.

Jane was nominated for this award by the head of her faculty, Amanda Zoratto because of her commitment, drive and enthusiasm towards her Year 12 Hospitality Cafe, proudly named **Cafeish**.

Cafeish has grown in strengths throughout the year with Jane at the helm, raising over \$1000:00 profit which will be spent on improvements on the room from which the Cafe is run.

Jane achieved all this, not only as the head of **Cafeish**, but also fulfilling other roles such as Year 8 Year Advisor, a PBS Committee Member and also Regional Hospitality Project Officer.

Jane's passion rubbed off on her Year 12 students who she lovingly called "her girls" ; serving teachers, executives and family of staff members on a Friday morning on the deck. A ritual everyone looked forward to.

Congratulations Jane

A TRUE MENTOR



On November 27, I attended the Dapto Lions Club Youth of the Year Quest with our school captain Casey Jamieson. Casey had to perform two, two minute impromptu speeches and one five minute speech. Casey won this competition and will now go on to the regional finals held in February.

Eight Year 8 and 10 students from Illawarra Sports High School presented an outline of their Student Technology Leaders project at regional office yesterday. This regional project aims to build ICT, leadership and project skills using a student action teams model. The Illawarra Sports High School have surveyed teachers and primary school students on their ICT skills then used this information to design and conduct workshops at Berkeley Public School and a teacher *Prezi* workshop at Illawarra Sports. 17 teachers participated in the *Prezi* workshop and were very impressed with the student's ability to teach them new skills. These student led ICT workshops will continue next year. The students have also been undertaking other ICT leadership roles in our school including designing the menus for our school café and setting up ICT equipment for assemblies for staff.

Raechel McCarthy
Principal



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Student Technology LeADERS

Student Technology LeADERS is a pilot program being run by Department of Education and Communities Illawarra South East Region. Illawarra Sports High School was lucky enough to be one of two schools invited to run the pilot.

The students were given a limited amount of time to solve a technology related problem at ISHS. After surveying staff it was established that the students would teach Year 6 students at Berkeley Primary School how to use Prezi (an interactive presentation software package) to aid in their transition to Illawarra Sports High School. The STLs conducted two training sessions using Prezi .

The first of these was with the Berkeley Primary School students which had extremely pleasing results. The student trainers found teaching the Year 6 students fun and felt that they were using their skills to benefit others. It gave them a real sense of reward. The second training session was with about 20 ISHS staff members on how to use Prezi. This presentation received great positive feedback with a lot of the staff commenting on the professionalism of the presenters and their helpful nature.

On the 27th of November 2012 the Student Technology LeADERS went to DEC regional office at Warilla to showcase the work they have been doing around Illawarra Sports High School. All the STL's presented information about themselves, the skills they have developed and evaluated the positive and negatives about their involvement in the program.

This program would not have been successful without the support and understanding of all staff members here at ISHS. I'd like to extend my thanks and appreciation for everyone's support.

The STL's should be very pleased with their efforts. The dedication they have invested in this last term is a credit to them and to our school.

Our STL's are: Josh Smithers, Alanah McGoldrick, Chris Trucido, Andrew Ball, Sam Fischbeck & Skye Sargeson.

I have thoroughly enjoyed working with them all and look forward to facilitating their projects in 2013.

Applications will open early next year for anyone interested in applying.

Mrs Steele
Teacher





Careers



The School Careers Office has its own website <http://www.ishcareers.com/>. Students and parents are encouraged to access this website for all the latest Careers information. In particular the Newsletter tab keeps a record of all Careers Newsletter information for your reference. If you would like to receive the ISHS Careers Newsletter which is usually sent out weekly, please email Simon King at simon.king@det.nsw.edu.au to go on the distribution list.

Illawarra Sports High School Careers also has a Facebook page which is frequently updated with relevant information. This can be found at <http://www.facebook.com/pages/Illawarra-Sports-High-School-Careers/245007805575836>

6 → 7 Transition



Year 6 students from our local primary schools have enjoyed a variety of experiences at Illawarra Sports High School before their first official school day in 2013. They have attended 3 experience afternoons and taken part in different lessons including Mathematics, English, Industrial Arts and Visual Arts - just to name a few.

The Year Advisors for the 2013 Year 7 group, Mr Clift and Mrs Lerch, have spoken to the students at the primary schools and shown them a presentation on life at Illawarra Sports High School.

Some current Year 7 students have also had the opportunity to return to their old schools and tell students what school life has been like at Illawarra Sports High School in 2012.

Our talented School Technology leaders have visited Berkeley Public School to teach the Year 6 students about computer programs – and inspire the students to learn about technology.

The current Year 6 students and their parents have been invited to attend Orientation Day on Wednesday, December 5 at Illawarra Sports High School. Students and parents will receive information regarding their first year in high school and there will be a sausage sizzle at the conclusion of the session.

We look forward to 2013 and getting to know the new Year 7 students.

Mignon Lerch
Learning Support Teacher





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A message from the

TSDP

Targeted Sport and Development Program

Fitness Test

@ UOW

On Monday October 29th, as part of the TSDP Program, students went to the University of Wollongong to take part in Fitness Testing under the guidance of the Exercise Science Laboratory. Several third year students from the Human Movement and Exercise Physiology Laboratory ran the TSDP athletes through a series of fitness tests.



Aiden Boettcher-Bullard having his blood pressure taken

They did tests such as the Beep Test, Vertical Jump, Ball throw, Agility T-Test, Height, weight, blood pressure. The students enjoyed the testing, especially the 40m sprint which gave split times using lasers set up at intervals. All the results have been collated and will be recorded in the TSDP Passport which all students involved in the sports program will be completing. When we visit the University again in March next year, hopefully the students will show improvement.

We are forming more partnerships with UOW and in 2013, there will be many more opportunities for students to enjoy more experiences at the uni.



Respectful Responsible Learners



TSDP *continued...*



Rugby 7's Team

Rugby Union 7's

On the 14th November students had the opportunity to attend the NSW Rugby Union Sports High School 7s Gala Day, held at Norford Park in Chester Hill. We entered an under 14s and U'16s Boys team and an under 16s Girls team. The Under 16s boys team played extremely well, beating The Hills twice to come second overall.

Although the girls were very nervous about playing the warm up training session held prior to playing had the girls at ease and boosted their confidence. The girls played very well, especially considering not a single girl had ever played Rugby Union before.

The 14s boys were unfortunate in their draw as Endeavour HS pulled out at the last minute making their pool very small, however they represented ISHS.



Girls game

Respectful Responsible Learners

TSDP in 2013 *A reminder to all the students involved in TSDP in 2013.*

You need to return your athletes agreement and re-enrolment form. Especially, let me know ASAP if you are **not participating** in TSDP next year. It is very hard to plan, budget and order uniforms if I don't have accurate numbers.

Remember that there will be a new TSDP sport – "All Codes". All Codes is Rugby League, Rugby Union, AFL, Oztag and Touch. It is open to all students. See Mrs Child for a note.



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Respectful Responsible Learners

AFL Giffen- Mulholland Cup



Girls from Albion Park, Bulli and Illawarra Sports High School pictured with their teachers and the AFL's Stuart Haack surround Dawn Giffen and Michelle Mulholland holding the Giffen-Mulholland Cup.

The Giffen-Mulholland Cup involved girls playing 9-a-side, four quarters full tackle AFL. Illawarra Sports High School was represented by (from left) Kaylie Brooke, Lameah Johnson, Lera White, Eboni Fraser, Emma Cooney (c), Katelyn Hurry, Michelle Brooke and Katelyn Leadbeatter

The girls played great football despite having a number of players carrying injuries, and being a player short on the day. Emma Cooney, NSW rep and captain, strongly led the defence, and was ably assisted by the Brooke twins, Kaylie and Michelle. Katelyn Leadbeatter displayed great resilience and determination in the midfield, and was close to being player of the carnival. Katelyn Hurry played a great running game and Eboni Fraser strongly played the ball all day, leading many attacking moves. Lera White and Lameah Johnson made the most of their chances in the forwards. Illawarra Sports High played two games leading to a spot in the final, where they were defeated by Bulli High School.

It was great to have Dawn Giffen and Michelle Mulholland at the day. The Cup was named after these pioneering mothers who initiated the Illawarra Youth Girls AFL competition in 2009. Dawn's daughter Maddison attended ISHS and was a pioneer player in the Youth Girls competition, while Michelle's daughter Jess, also a pioneer player, umpired all the Cup games.

Despite the loss, the team displayed great sportsmanship and were proud ambassadors for our school. We look forward to having another crack for the Cup next year. Mr Thompson

Lake Illawarra Authority and Gala Trophies are proud supporters of AFL at ISHS.



A message from the...

Community



30 November 2012

Parents may have heard that in 2010 the Federal Government commissioned the most comprehensive review into our school system in 40 years. This review (the 'Gonski' review), released in February this year, told us that on school education, Australia is falling behind our neighbouring countries.

The Prime Minister responded to the review recommendations on 3 September 2012, announcing the Federal Government's National Plan for School Improvement.

This week, the Gillard Government took the next important step in school funding and school improvement reforms, with the introduction into Federal Parliament of the *Australian Education Bill, 2012*.

This means that Federal Labor's National Plan for School Improvement is on the way to being delivered from 2014. This is great news for the students, staff and parents at Illawarra Sports High School.

The Bill outlines a commitment for a new way of funding schools, based on the needs of individual students, and includes two ambitious targets – by 2025, Australia will be ranked as a top 5 country in the world for the performance of our students in reading, science and maths; and all Australian children will go to school in a nation which is ranked in the top 5 for high quality and high-equity education.

The Federal Government is prepared to put more money into schools but we expect state and territory governments to pay their fair share.

If you'd like to find out more, or give me feedback on our education plan, please call me on 4262 6122 or email me at StephenJones.MP@aph.gov.au. Further information is also available at the Better Schools website: www.betterschools.gov.au.

I'd like to extend my warmest wishes for the festive season to the whole Illawarra Sports High School Community and I wish you all a safe and happy summer holiday. Thank you to all staff for your tireless efforts and for the important work you do – and Finally a special congratulations to all the young people that have successfully completed another year of studies – Keep up your hard work.

Stephen Jones MP
Federal Member for Throsby

Restructuring of the Berkeley Neighbourhood Centre Youth Program

The BNC Youth Program is currently restructuring their program to focus on the provision of intensive support to young people. The BNC Youth Workers are creating links and opportunities for young people in schools and out of centre by working in partnership with school staff and with community service organisations.

Please call BNC staff on 4271 1661 or 4271 1661 to refer young people and their families residing in Berkeley or surrounding areas who may need support.

- The BNC Youth Program will continue to provide assistance and support to young people and their families through the information and referral, advocacy and support program.
- Youth Programs with restricted numbers (such as the Fishing Program) will continue to be implemented to cater to the identified needs of specific youth to ensure the that the program remains relevant to needs, and age appropriate.
- The Drop-In Youth Program will not be continuing for the rest of the year (Centre closes for holidays on 21st of December 2012). The BDA will inform staff when the program can re-commence. Please feel free to contact our staff for more information.
- The next Youth & Schools Meeting is scheduled for Monday 3rd of December, 3:45-5pm at Berkeley Neighbourhood Centre.

Local school principals, welfare/support teachers, youth specific organisations, and community service organisations are invited to discuss the issues faced by young people; issues faced by the schools; strategies and possible partnerships that can be developed with BNC, schools, and organisations to assist and support young people with identified needs; seeking advise and support from the police.

Please call BNC if you are interested in attending.

Youth Workers will continue to work through out the week at various hours. Should you require more information about the Youth Program BNC

Monday-Friday, 9am-5pm on 4271 1661 or 4272 5088.