

SCHOOL NEWS



Illawarra Sports High School

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September 2012

Term 3 - Week 10



Year 12 Furniture
Major Works, p.9



Engineering and UOW, p.11

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CHICKEN POX ALERT!

During Week 10 on Term 4, there was a confirmed case of chicken pox at Illawarra Sports High School.

Please find attached the link to a chicken pox fact sheet from NSW Health which provides information on symptoms to look for.

<http://www.health.nsw.gov.au/factsheets/infectious/chickenpox.html>



Southern Stars ISHS Participants, p.12



New School Murals, p.2



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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 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.**

Respectful Responsible Learners



A message from the...

Principal



Mrs Raechel McCarthy
Principal

Hello everyone. I hope everyone had an enjoyable and rewarding Term 3.

I would like to start off my report by thanking and acknowledging the hard work of Mrs. Elaine Armstrong, our School Administration Manager (SAM) who has taken leave pending retirement. Mrs. Armstrong has worked at our school for many years, first as a science assistant and then as SAM, supervising the office staff and managing the financial administration of the school. On behalf of our school I would like to wish her well in her retirement and thank her for her many years of service to public education. We are very fortunate to have Mrs. Dianne Riley now relieving in the role as SAM. Mrs. Riley brings a wealth of experience to the role and is working hard to streamline and improve our schools financial operations and processes. Mrs. Alison Hobson is relieving in Mrs. Riley's previous position as library assistant.

I would also like to congratulate our newly elected 2013 student leadership team:

School Captains: Mathew Clune and Casey Robinson
Vice Captains: Daniel Burrell and Mollie Tranter

The roles of school captain and vice-captain are very important positions within the school as these students are expected to be active in leading school improvements, organizing fund raising and charity events and chairing official school ceremonies.

The role requires a lot of hard work and commitment while balancing the demands of school work. The 2012 school leadership team; Blake Osmond, Farah Daher, Elizabeth Kuskovska and Tim Cole, have been exemplary in performing this role and I would like to thank these Year 12 students for being such fantastic role models for our student population. Congratulations also to our newly elected Student Representative Council who will be officially inducted early next term.

In Week 7 of this term our school received the exciting news that we will receive Transitional Equity Funding in 2013. The \$109 000 and 2.4 staffing allocation will be used to implement innovative literacy, numeracy and engagement strategies for our students. Thanks to our parents for completing the PSFP surveys earlier in this year which led to this additional funding and thanks to Mrs. Campbell and the welfare team for administering these surveys.

We have also been very excited and proud of our recent successes on the sporting field. During Week 6 Mr. Gannon's open touch football team won the CHS State Titles and in Week 7 the U15s Rugby Union team won the Buchan Shield. These are fantastic achievements that add to our reputation as a selective sports high school and are a real credit to the students, coaches and teacher coordinators.

CONTINUED...



U15s Rugby Union
Buchan Shield Winners 2012



Principal's message continued...

Our Targeted Sports Program is also undergoing some major changes and improvements. Mrs. Child (Head Teacher Targeted Sports) recently held a parent information meeting to outline the major directions for the program and invite parent feedback and suggestions. Some of these changes include:

- Grading of TSP students from Rookie, Pro and Elite as they gain more skills and playing experience
- All coaches on contracts and positions advertised each year
- Greater input from the coaches on how to further improve the program using regular coach meetings
- Increase the number of competitions for some of the sports with smaller student numbers eg baseball, AFL, track and field
- Greater emphasis on student academic progress and implementation of more strategies to assist students in catching up on classwork when they miss class to attend sporting events

I feel very confident that these changes will greatly improve the TSP program and encourage more talented sporting students in the Illawarra region to apply to participate in the program

Our school has also had some great academic successes this term. Our Year 12 Engineering Class recently attended Wollongong Science Centre to view their engineering project which is now one of the main exhibits at the centre. This engineering project was part of I3NET where students work with industry mentors to design specialized equipment needed to solve industry based problems. The project has taught students valuable engineering skills and introduced them to possible future career paths. This week I am very much looking forward to attending the In2Uni graduation ceremony at Wollongong University. Selected Year 7 to 10 Illawarra Sports High students have been working with university mentors throughout Term 3 on individual projects involving higher order thinking skills and the students will be presenting their projects at this special ceremony.

Another important event taking place this week is Year 12 graduation. Ms Goodyer and Mr Ryder (Year 12 Advisors) have organized a very professional ceremony where invited family members, teachers and Year 12 students can celebrate and acknowledge their 13 years of schooling. I would like to wish Year 12 the best of luck in their upcoming HSC exams and look forward to following their progress into university, TAFE and/or the workforce.

Finally I couldn't finish this newsletter without congratulating our students and staff on their fantastic participation in Southern Stars this term. I attended the Saturday matinee session of the performance with my 8 year old son who also loved it. I felt so very proud of how our students showed great talent, teamwork and courage performing for such a large audience. Having worked for most of my career in South Western Sydney, this was my first experience of the Southern Stars musical event and I was very impressed with the professional nature of the combined schools event which undoubtedly provides fond memories for any child fortunate enough to be given the opportunity to participate. Well done to all students and teachers involved.

I hope you enjoy reading our newsletter and wish everyone a safe and enjoyable end of term holiday.

HEALTH WARNING MEASLES

Sydney is currently experiencing an outbreak of measles which began in April 2012 and is centred in the South Western Sydney and Western Sydney regions. Many of the cases have been high school students, with a smaller number in primary school. There is potential for the measles outbreak to spread further given young people have large social networks both within and outside of school.

NSW Health advises that measles is a serious viral illness that mainly affects unvaccinated children, teenagers, young adults, and babies too young to be vaccinated. Measles is highly infectious and can easily spread through the air.

Please go to the school's website and open the article on the News section of our home page to find out more information. You will also find a link to the complete document provided by the NSW Health.



From the Visual Arts

Faculty

Murals

Another year and more beautification of our school! From surfboards to silhouettes of sporting activities, to door signage with new room numbers, the students involved in this activity have enjoyed the opportunity to explore their creativity with a purpose.

Congratulations on your achievements, and thank you to both Miss Hunter and Mr Hay for offering this opportunity on a Thursday afternoon.









2012 Ministers Award for Excellence in Student Achievement



On Monday 3rd September a team of very proud Illawarra Sports High School community members travelled to Sydney to see Blake Osmond (Year 12) receive his well-deserved Ministers Award for Excellence in Student Achievement. The team included Blake's mother Mrs Osmond and a family friend, Farah Daher (Year 12 student), Mrs Campbell (Ht Welfare) and Mrs McCarthy (Principal). This ministers award is a very prestigious award and Blake was one of only five students who received the award in the Illawarra South East region. Blake was interviewed by ABC radio after the ceremony and had his photo taken with the Minister for Education Adrian Piccoli. Congratulations Blake!





Sports News

15's Rugby Union – Arthur Buchan Shield – CHS Knockout STATE CHAMPIONS



The Boys had two very hard quarter and semi- final games leading up to the Grand Final in the CHS Knockout series of the 15's Buchan Shield Rugby Union. They played Westfields Sports High school in the quarters and Endeavour High School in the semi-final. The boys were up against The Hills Sports High in the Grand Final played at Foreshore Park, Sylvania. We took a coach filled with supporters to watch the boys, they were down at half time, played a man short for 10 minutes, then came back to win the Grand Final in spectacular fashion 24 to 21. Big thanks to Ms Ranay Hall (manager) and Mr Glen Miller (assistant coach) for supporting the boys and a very big thanks to Mr John Noonan the coach, who was an excellent role model, a proud representative of Illawarra Sports High, an excellent coach and who kept his cool to take them all the way to the top of the state! Congratulations boys!



EXTERNAL COACHES ADVERTISEMENT

Due to DEC policy all external coaching positions must be advertised at the end of the year. The ad for coaches went into the Illawarra Mercury on Saturday the 15th, with re-prints to follow in "My Career". Advertising the positions certainly does not mean that the school is unhappy with our current coaches, it is a formality and a procedure that we must follow to ensure transparency and fairness. All coaches must fill in an application form and if there is more than one application a panel will be formed and the coach will be chosen on merit selection. If parents are aware of any great coaches at their local club please feel free to pass on the schools contact details.

TSP EMAIL UPDATES & FEES

By now all the parents of the Talented Sports Program students should be receiving email updates. I have sent out a TSP newsletter outlining all the upcoming changes for next year, calendar of upcoming events, and a survey. If you are not receiving an email, (a few email addresses supplied do not work), please contact the Sports excellence Centre and inform Mrs Rita Lambert (SAO) of your correct email address on 42711099 ext. 151. Also, if you do not wish to receive emails please email back a short message and I will remove you from the mailing list.

There are still a large number of students who have outstanding fees owing to the Talented Sports Program. If you are unsure of the amount owing, please contact Mrs Lambert in the Sports Centre. **All fees must be paid before re-enrolment in next year's program can take place.** In 2013, students will not be allowed to commence training until all payment has been made or a payment plan is in place. TSP is a "user pays" program, school does not receive any additional funding and relies on fees to ensure the program runs smoothly.



Sports News

... continued

ALL CODES – A NEW TALENTED SPORT PROGRAM in 2013

Starting in 2013 all students in the school will be able to enrol in “All Codes”. All Codes is a new Talented Sport Program that is based on different “football” codes –

GIRLS - Rugby League, AFL, , Rugby Union, Touch and Oztag,

BOYS - AFL, Rugby Union, Touch and Oztag

I am planning for the Girls to be their own separate entity (with own jerseys), while the Boys All Codes will mainly be the boys who do not make the run-on squad for rugby league or those boys who prefer the other codes. I am still in negotiation with the development officers for each sport and once I have a commitment from them I can finalise the cost and coaches. It will be the same as the other Talented Sports Program, in that they do 4 periods a cycle in years 7 & 8 and do 6 periods a cycle in the Z elective in years 9 & 10, plus training during Thursday sport.

The All Codes idea was sparked by the girls who attended the Rugby Union Grand Final as spectators and saw the girls grand final being played. Their first question to me was “Why don’t we do that?”. So, now we do!! Well, hopefully we will get enough students interested to ensure it gets up and running in 2013. I will have details such as the cost finalised by the end of week 1 term 4. If you are interested, contact me at school on 42711099, ext 151.

PREMIERS SPORTING CHALLENGE - SPORTS LEADERSHIP PROGRAM

In term 4 I will be setting up the ISH Sports Leadership program. The program will be open to all students in the school, years 8-10. You don’t necessarily have to be sporty, but demonstrate leadership skills such as; the ability to work independently, be a positive role model and have organisations skills. We have formed a partnership with our local community of schools; Berkeley, Berkeley West and Farmborough Rd Public schools. Our students will be conducting Fundamental Motor Skills, Small sided games and sport activities with the year 5 & 6 students at those schools. I will be selecting the students early next term and those students will attend their first training session in November. In March next year, both the primary students and the high school students will attend another training session and hopefully in term 2, our students will start visiting the primary schools to conduct mini-lessons.

I have also contacted all the local PSSA District presidents, offering our Talented Sports Students as referees and officials at their gala days, sport days and school carnivals. I will be running coaching and refereeing courses early in term 1 with TSP students to ensure they are properly accredited. If any other student, not in TSP is interested in helping out at the primary school and is already accredited, please let me know I will put you in the sports leadership group. We had 12 students attend the Dapto District Baseball Gala day, they managed a team and refereed games. They were fantastic representatives of ISHS.

PRIMARY SCHOOL COACHING

On Monday the 17th September, twelve students from Mrs Grey’s Year 10 PASS class travelled to Farmborough Rd Public School to conduct coaching sessions as part of the students Reward Day. The students coached two sessions with Kindergarten, Year 1 & 2 and two sessions with Years 5 & 6. They did Frisbee, touch, basketball, T-ball and soccer. Every single primary school teacher commented on how well organised and planned the students were and what high quality coaching was taking place. The students proudly represented ISHS.

The following students attended as coaches -

Luke Chalker
Jordi Forsyth
Ashlee Lockett

Emma Cooney
Antonio Gianfrancesco
Brad Moreira

Brendon Croker
Liam Holmes
Yamac Mustu

David Dony
Cameron Kent
Ian Sneddon



From the

Industrial Arts

Faculty

YEAR 12 MAJOR WORKS



Joseph Plumb

This low line cabinet was designed and built by Joseph Plumb. The timber species is Ash sourced by Joseph from Victoria. The design was intended to look modular and modern. A variety of traditional construction methods were used including hand cut dovetail joints. The latest manufacturing methods were also demonstrated including self-soft close drawer guides and spray finishing. The final finishing technique used was the application of a wax paste to highlight the natural grain. Joseph should be very proud of his achievements.

Tim Cole has designed this cabinet for his parents in their lounge room. The room is large therefore the cabinet needed also to be large. The timber used is commonly used for exterior building as it is very resistant to exterior conditions. The timber is called Merbau and is native to South East Asia. As the timber is so hard it makes it difficult to work with. Overall considering the large scale of the cabinet Tim has done exceptionally well.



Tim Cole



Jack Cavanagh

Jack has used recycled Oregon for this cabinet. This timber was sourced from a demolition and has been finished to a high standard. Traditional cabinet making methods were used including the beading that holds the glass in whilst still allowing for removal and replacement of glass if ever broken. Jack should be proud of his completed project.

Benjamin Goodridge has worked exceptionally hard on designing and constructing this cabinet to suit his needs. The timber chosen is Tasmanian Blackwood as it has exceptional cabinet making qualities. A variety of traditional methods were used including a panel top which allows for expansion. The top alone has taken many hours to design and construct but will stand the test of time. Good quality hardware was chosen by Benjamin including full extension ball bearing drawer slides. A sprayed then hand waxed finish has been applied. The finished cabinet is identical to design intentions. Benjamin has achieved a quality outcome that he should be very proud of!



Benjamin Goodridge



More YEAR 12 MAJOR WORKS



Dale Bromley

Dale Bromley has designed and constructed this cabinet from New Guinea Rosewood. New Guinea Rosewood is native to South East Asia and similar species are grown locally. Dale had chosen it as it has excellent cabinet making qualities. Dale has completed this cabinet to a high standard that he should be very proud of!

Luke Jamieson initially designed this cabinet as a dresser unit for his bedroom then later modified it to suit the needs for a bar cabinet with display for his father. The majority of the timber used was salvaged school cabinets that Luke carefully separated and saved.



Luke Jamieson

The large scale of this cabinet made it difficult to spend the time detailing. The finish replicated an antique which is commonly used in industry for antique reproduction. Overall Luke is very happy with his work and so he should be!

Congratulations to all participating students.

Brad Arnold
Teacher

Alexander Cankulovski designed and built this custom made cabinet for his bedroom where he could store clothes, have a display section and fit a TV on top. The timber chosen was Ash sourced by Alexander from Victoria. Ash can be difficult to work with as it is hard and brittle.

Fitting so many drawers is difficult in industry and Alexander has done exceptionally well in in the school environment.

Overall Alexander has completed his project to a high standard.



Alexander Cankulovski

This desk was designed for Nathan Hamilton's father and is made out of New Guinea Rosewood as mentioned earlier. Overall this project meets Nathans design intentions and he has completed it to a high standard.



Nathan Hamilton



Engineering



With great anticipation Dr Bob Wheway , from the Faculty of Engineering at the University of Wollongong, visited our school to talk with our Year 11 Engineering Students.

His advice on engineering as a career and what is needed to achieve entry to the university was received with both questions and enthusiasm.

Dr Wheway acknowledged our schools engineering students successes in previous years, as well as our taking out the major award at last year's High Schools Engineering report writing competition.

He had a preliminary look at some of this year's engineering report work, encouraging students with his guiding comments. He said he was

looking forward to receiving their submissions to this year's competition.

I would like to take this opportunity to thank Dr Wheway on behalf of our school for his time and energy in visiting us.

The photo shows Dr Wheway receiving a token of our gratitude from Daniel Burrell, Morgan Cooke, Stephanie Pazarkoska, Tony Tupanceski, and Kiran Tranter .

M Payne
Teacher

Application Now Open!

Just a quick email about UOW's **Women in Engineering Summit** for 2013. The four-night residential summit is exclusively for female students and will be held at UOW from Monday 7 to Friday 11 January 2013.

Sponsored by organisations such as Bluescope Steel, TransGrid and Transport for NSW, the summit provides the girls with access to both university based and industry led activities. Activities include presentations by guest speakers, hands-on workshops, site visits and interactive group activities.

Who is it for?

Female students going into year 11 and 12 who are performing well in Mathematics or Science or are interested in a career in Engineering.

Women make up nearly half of the population and less the 10%* of Engineers. There aren't enough women in engineering. The engineering profession wants them!

Girls can learn more about the summit and lodge an application online at www.uow.edu.au/future/wiesummit

Applications close on 21 September 2012.

Please note that financial support may be available to disadvantaged students and places are not limited to one representative per school.

Enquiries: Please contact Laura Banasiak on (02) 4221 5993





Southern Stars

Illawarra Sports High School dancers recently participated in the Arena Spectacular Southern Stars at the Win Entertainment Centre. This was the 12th production of the show that highlights the talents of students in dance, music and drama from our region.

Our school performed an item choreographed by teachers from Warilla and Shoalhaven High entitled, "You Gotta Want It". The dancers rehearsed every Thursday and most Fridays under the direction of Erin Cracknell and they also performed in the half-time finale and the finale. They looked amazing in their costumes and every dancer gave their best every performance.

It was great to have the support of many students from our school in the Friday matinee performance. We appreciate the efforts of Mrs Grey in making this happen. The dancers were well supported by their families who I am sure all enjoyed watching their daughters perform.

I really enjoyed performing as part of the teacher's choir this year. It was great to work collaboratively with students and teachers from other schools to sing the inspirational song "I believe I can Fly."

This year I had the support of Miss Starling. Her assistance with organisation and supervision helped to ensure that this was the best ever Southern Stars experience so far.

Congratulations girls you were outstanding!

L Cracknell
Teacher

Participating students

Georgina Ball
Anastasia Bereta
Tegan Burrell
Nikkita Causero
Jessica Collison
Natalya Green
Virginia Hodgkinson
Dayna Jamieson
Rebekah Jansen
Emma Jones
Chantelle King
Melissa Kisela
Natalie Krkovska
Stephanie Kuzmanovska



Kate Latham
Kyla Littley
Tayla Massey
Rachel McMaster
Siba Nadarevic
Lily Neal
Zoe Scalco
Samantha Simonoska
Leiana Susnja
Mollie Tranter
Aleisha Webb
Danielle Weston
Jaimee Whitton
Tia Worth
Tamika Wray



Mangrove Excursion

On Friday 17 August a group of Year 11 students from Illawarra Sports High School visited the mangroves on the Minnamurra River. They were greeted with a beautiful sunny day and were all very keen to partake in an investigation of the mangrove ecosystem.

Students first went on a treasure hunt to learn about various plant and animal species that live in the mangroves, such as the grey mangrove, she-oaks, oysters and mud whelks. A highlight was observing and tasting the salt on the river mangrove leaves.

Working just as an ecologist does in the field, students then used random quadrats to measure the abundance, or amount, of each species in the in-tertidal zone and in the salt marsh.

They then demonstrated excellent team work in completing a transect. They used devices such as temperature probes, anemometers (wind meters) and pH meters to measure abiotic factors. They gathered data on flora and fauna along the transect to measure distribution. The group did not hesitate to muddy their shoes and sneak past golden orb-weaving spiders in order to collect accurate data.

Back at school, the students will use the information collected to analyse how abiotic factors affect the distribution of species.

After a relaxed lunch in a grove of she-oaks, students began exploring the river for marine animals. Using fishing lines, nipper pumps and nets, students captured and released small fish, nippers, soldier crabs and red-fingered marsh crabs.

Unfortunately the beautiful day turned cold and rainy very quickly and the group quickly packed up and concluded the day. Jill Bell would like to commend all students and their teacher for a great day out exploring the mangroves. All students were engaged and involved in real science.



Students in waders

tertidal



sweeping the grasses for invertebrates



Collected invertebrates



Hospitality *Excursion*

Year 12 Hospitality end of year excursion

As a reward for all our hard work Mrs Jarman took us to Sydney for a final consolidation of our Hospitality Industry knowledge. We visited QVB building and observed the different styles of cafés; types of food served and the different styles of service. We then walked to David Jones where we visited the food hall just to ogle at the supersized chocolate coated strawberries, figs and kiwi fruit. We tasted new styles of sheep and goats cheese and different teas. We then walked to Westfield and wandered level 5 in awe of the amazing food being served. We observed different plating trends, different types of food we had never seen before and amazed at how busy it was with people eating delicious meals of all descriptions.

We were starving by tis time so we went to the Palace Yum Cha restaurant which won the Good Food Award for best restaurant. We learnt so much and we did try everything even it was a mouthful. Our favourite was steamed bean curd rolls. We walked down to Chinatown via the cup cake shop where we just had to buy some.

In Chinatown we visited the different providores trying to work out what most of the ingredients were and wondered how to cook with them. By the time we got to the end of Dixon street we had just enough room left for an Emperors Garden cream puff.

A great day had by all.

J Jarman
Teacher





From the Community

Wollongong City Council wants to hear what the community thinks about introducing a **smoke free policy** in the Crown Street Mall and for outdoor dining. In attempt to hear as many voices as possible we are inviting community groups, service providers or any interested community members to lead a community circle. A community circle is a structured conversation in an existing group or a group you create just for the purpose.

Leading a community circle requires a few simple steps:

1. Get together a group of people (between 1-31 October 2012)
2. Discuss the questions with the group
3. Send the answers back to Council (before 5 November)

A community circle is a way to ensure the community you work with or are a part of gets to have their say.

I am currently looking for contacts within the community who would be interested in leading a Community Circle. All materials will be supplied. If you are interested or you know someone who might be interested in leading a community circle please let me know.



Please note: Community Circles will one of the numerous ways the community will can **Have Their Say** about the proposed Smoke Free Policies.

ALISON BRADFORD | WOLLONGONG CITY COUNCIL

Community Engagement Officer

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ph: (02) 4227 7359

email: abradford@wollongong.nsw.gov.au<mailto:abradford@wollongong.nsw.gov.au>

The following information has been provided by community organisations. Please follow the link to the ISHS website to view the files.

[ADHD Support Group](#)