**2015 EVENT CALENDER**

<table>
<thead>
<tr>
<th>Wk</th>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>7</td>
<td>Mon 9th Mar</td>
<td>Yr7 2016 Information Afternoon in school hall at 5.30pm</td>
</tr>
<tr>
<td></td>
<td>Tue 10th Mar</td>
<td>School Photos for whole school</td>
</tr>
<tr>
<td></td>
<td>Wed 11th Mar</td>
<td>Yr8 Ukulele – Oke workshop</td>
</tr>
<tr>
<td></td>
<td></td>
<td>P &amp; C meeting in common room at 6.30pm</td>
</tr>
<tr>
<td>8</td>
<td>Mon 16th – Fri 20th Mar</td>
<td>Yr12 Half Yearly Exams</td>
</tr>
<tr>
<td></td>
<td>Thu 19th Mar</td>
<td>Yr10 Project 10 session 2</td>
</tr>
<tr>
<td>9</td>
<td>Mon 23rd Mar</td>
<td>Yr8/9 Midsummer Madness perform</td>
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<td></td>
<td></td>
<td>Yr9/10 Macbeth performance</td>
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<tr>
<td></td>
<td></td>
<td>Indigenous Close The Gap Annual</td>
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<tr>
<td></td>
<td></td>
<td>Touch Football game at Cessnock HS</td>
</tr>
<tr>
<td></td>
<td>Wed 25th Mar</td>
<td>Yr7/9/11 Principals Assembly in school hall at 11.30am</td>
</tr>
<tr>
<td></td>
<td>Thu 26th Mar</td>
<td>School Athletics carnival at school</td>
</tr>
<tr>
<td>10</td>
<td>Mon 30th Mar</td>
<td>Indigenous excursion to Meeka Youth Express at Singleton</td>
</tr>
<tr>
<td></td>
<td>Tue 21st Apr</td>
<td>Youth Week Breakfast at MVHS from 8am</td>
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<tr>
<td></td>
<td></td>
<td>Yr9/10/11/12 Art excursion to Art Express</td>
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<td></td>
<td>Wed 1st Apr</td>
<td>100th ANZAC commemorative assembly at school</td>
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<tr>
<td></td>
<td>Thu 2nd Apr</td>
<td>School Cross Country at school</td>
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**TERM 2**

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<th>Wk</th>
<th>Date</th>
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<tr>
<td>1</td>
<td>Mon 20th Apr</td>
<td>Teachers return</td>
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<tr>
<td></td>
<td>Tue 21st Apr</td>
<td>Students return</td>
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<tr>
<td></td>
<td>Fri 24th Apr</td>
<td>Zone Cross Country at Tocal</td>
</tr>
<tr>
<td>2</td>
<td>Wed 29th Apr</td>
<td>Yr12 Parent Teacher evening in school hall from 3.20pm</td>
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**FACULTY LEADERS**

<table>
<thead>
<tr>
<th>Subject</th>
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<tbody>
<tr>
<td>English</td>
<td>Melissa Wyper</td>
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<tr>
<td>Maths</td>
<td>Andrew Gill</td>
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<tr>
<td>Science Rlg</td>
<td>Natalie Death</td>
</tr>
<tr>
<td>HSIE</td>
<td>Lynne Davies</td>
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<tr>
<td>CAPA</td>
<td>Larayne Jeffery</td>
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<tr>
<td>PD/H/PE</td>
<td>Sue Ford</td>
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<tr>
<td>TAS Rlg</td>
<td>Andrew Newman</td>
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<tr>
<td>Welfare</td>
<td>Julie Myers</td>
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<tr>
<td>Admin Rlg</td>
<td>Liz Alder</td>
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<tr>
<td>Teach/Learn</td>
<td>Leanne Triggs</td>
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**YEAR ADVISERS**

<table>
<thead>
<tr>
<th>Year</th>
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<tbody>
<tr>
<td>7</td>
<td>Jodie Scheffler</td>
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<tr>
<td>8</td>
<td>Rebecca Conn</td>
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<td>9</td>
<td>Rebecca Bartlett</td>
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<tr>
<td>10</td>
<td>Angela Roughan</td>
</tr>
<tr>
<td>11</td>
<td>Sharon Curran</td>
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<tr>
<td>12</td>
<td>Christine Bell</td>
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</tbody>
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**PRINCIPAL’S MESSAGE**

Ms Desley Pfeffer

**Farewell Mr Conroy**

Later this term we will be farewelling our Deputy Principal, Mr Peter Conroy, as he commences leave before his retirement from the Department of Education and Communities. There will be a more detailed outline of Mr Conroy’s contribution to Mount View High School in the next edition of The View, but suffice to say that Mr Conroy has been a very visible and dedicated member of the school staff having served here as both Head Teacher Mathematics and Deputy Principal. I have had the pleasure of knowing Mr Conroy in a professional capacity long before starting here as Principal. He has always had the students’ best interests at heart and has worked tirelessly on behalf of the Deputy Principals’ Association in the Hunter. We will certainly miss his passion for education and wish him well in the new opportunities that retirement may bring.

**Whooping Cough**

Firstly, we have had a couple of confirmed cases of whooping cough (pertussis) among the school staff and students. Whilst whooping cough is not usually serious for adolescents and adults, the risk of infection to others is high and it can be potentially very serious in babies and young children. NSW Health has advised me that there have been several confirmed instances of whooping cough in the Cessnock area is recent times. Please seek immediate help from your doctor if you develop symptoms. A fact sheet from NSW Health is provided in this edition of The View.

**No Knives At School**

There is NO good reason to bring a knife to school – they are NOT allowed under ANY circumstances. This includes butter knives, steak or fruit knives in lunchboxes or knife tools for craft purposes. This also
extends to any item that can be used as a weapon, including chisels.

The attached Parent Fact Sheet outlines this requirement very clearly. Please take a moment to discuss it with your child. The possession of any knife or similar item at school will immediately involve Police intervention and disciplinary action such as suspension. Students will be given a fact sheet in roll call this week.

I would appreciate your full support in ensuring that all students and staff can feel safe and secure at school.

**Library Refurbishment**

We are investigating a total refurbishment of our school library. The resources (text and technological) that we have are excellent but it is time to update the landscape of the room, to make it a flexible learning space for staff and students, and to make it an exciting and contemporary space for our school. We have engaged the services of a library designer and this week a photo display of contemporary library spaces will be set up in the library for staff and students to comment on design, layout, colours, technology, furniture, etc. Exciting times ahead!

**Strategic Directions – 2015 – 2017**

After much consideration, review of school data, and consultation within the school community our school plan for 2015 – 2017 is being finalised. The Department of Education and Communities has provided a new planning framework which really emphasises that:

- The focus in on learning
- The student is at the centre of all decision making
- The school must fit the student; not the student fit the school
- There must be a clear purpose behind every decision made and every direction taken, and that this must relate to learning

Our Strategic Directions for the next 3 year plan are:

1. Positive wellbeing underpins student engagement in school life which is future focused
2. Student learning is personalised and differentiated, responsive to student needs and connected in a purposeful way to their context, aspirations and the real world
3. Student and staff learning is enhanced by organisational effectiveness and quality professional practice, so as to move towards contemporary learning principles and opportunities

Our new school plan will be published on the school’s website by the beginning of Term 2. I invite all parents and carers to look at this and your comments or queries are always welcome.

**Staffing Update**

The school is currently in the process of appointing three executive positions. A panel, comprising a member of the executive, a staff representative, a member of executive from another school who is in a position at a level equivalent or higher than the position being advertised, a parent representative and a representative from the Aboriginal Education Consultative Group has been formed and interviews will be conducted shortly.

All three positions are as a result of recent retirements: Mr Peter Conroy, Deputy Principal, is retiring later this term.

Mrs Dianne Shaw has retired as Head Teacher Science, and Mrs Natalie Death has been relieving in this position in the interim.

Mr Bruce Deer has retired as Head Teacher Social Science. Following his retirement we joined the Social Science and History faculties together as a HSIE (Human Science and its Environment) faculty under Mrs Lynne Davies. We then sought reclassification of the ‘spare’ Head Teacher position to create an additional Head Teacher Welfare (to be known as Head Teacher Wellbeing) position.

I will be excited to announce the outcome of the selection process early next term.

**The Tell Them From Me student feedback survey**

I am delighted that this term, our school, like many others in the state, will participate in a Department of Education and Communities initiative: the Tell Them From Me student feedback survey. The survey aims to help improve student learning outcomes and measures factors that are known to affect academic achievement and other student outcomes. The focus of the NSW-wide survey is on student wellbeing, engagement and effective teaching practices.

The survey is a great opportunity for our students to provide our school with valuable and quick feedback on what they think about school life, how engaged they are with school and the different ways that teachers interact with them. Schools in Australia and around the world have used the Tell Them From Me survey to help improve how they do things at school.

I want to assure you that the survey is confidential and school staff will not be able to identify individual students from their responses. The survey is conducted online and will typically take less than 30 minutes to complete. It will be administered during school hours between 9 March and 2 April. Participating in the survey is entirely voluntary.

A consent form and FAQs for parents/carers about the survey is being sent home with students. If you did not want your child or children to participate, forms had to be returned to the school by Friday 27 February. Copies of the form and FAQs are available from the website above.

DEPUTIES’ REPORTS

Mr Peter Conroy – Deputy Yrs7/9/11

Years 9 and 11
Students have been advised that courses will no longer be changed without extended consultation. In both Years 9 and 11 students have been very cooperative and have followed the appropriate processes, however courses are now commencing assessment tasks and continuity needs to be maintained. I am confident that all students have been offered a fair chance to attempt courses and make a judgement about appropriateness.

Year 7
Year 7 camp has been a huge success. This was an opportunity for students to make new friends and genuinely feel part of their new school. Unfortunately some students did miss out on camp because they failed to meet the deadlines for permission notes and payments. The school always publishes deadlines and has support payment systems. Please contact the school prior to deadlines if you would like to discuss concerns about meeting the deadlines or payments.

Aboriginal Education
Thanks to all who were involved in the Bunnings BBQ last weekend. I would also like to thank Bunnings, they have been very supportive of the school and have been generous in what they have given to us. Money raised will go to support programs that are run to support our Aboriginal students and in particular the Junior AECG.

Homework Centre
It is very encouraging to see the increasing number of students who are attending the Library Homework Centre on Monday and the Mathematics Tutorial on Wednesday. If students would like to receive support in a specific subject they should either ask their teacher or talk to their Deputy to arrange a subject teacher to be present at the centres.

Mrs Julie Smith – Deputy Yrs 8/10/12

I would like to wish Year 12 all the best in their upcoming half-yearly examinations. I remember clearly speaking to them as ‘the class of 2015’ when they started in Year 7, and here we are!

My advice is as always, work steadily and stay on top of your tasks and assignments, and ask for assistance when you need it.

We have a Year 12 Parent Teacher evening early in Term 2, Wednesday 29th April, when Year 12 students can collect their reports and make an appointment to speak with their teachers. I encourage all students and their parents to take advantage of this opportunity, but please remember that your teachers are available for you at any time.

Year 10 students should be well and truly settled into the year. There will be no more class changes as of the start of week 6. Students are reminded that all assessment tasks need to be completed on time and if there is a reason why they will be absent for a task, they should complete an Appeal form prior to the event. Students can speak with Mrs Smith about any questions they have about this process. Any student who still has not received an Assessment Schedule should see Mrs Smith to collect one.

It is wonderful to see the Homework Centre being used regularly by students. The library is open until 5.00pm each Monday afternoon.
Year Advisers are keeping students reminded of their assessment task schedule during Year meetings each fortnight. Mrs Smith has a printed outline of Year 8 tasks for semester 1 which was prepared by Miss Conn. If students or parents would like a copy, please speak with her.

Playground
All students are encouraged to take pride in their surroundings and do their best to maintain our beautiful grounds. We have plenty of bins available; please ensure that your rubbish is placed in the bins provided. Remember what PBL looks like in the playground! We have had a few students who have scratched off some of the visual markers around the poles in the school, these have been placed there for the safety of all students. If you see someone doing the wrong thing, please let a teacher know so that it can be followed up.

YEAR 12
PARENT TEACHER EVENING

WEDNESDAY 29TH APRIL 2015
TIME 3.20PM-6PM
IN SCHOOL HALL

Bookings for interviews with your child’s teachers can be made online at www.schoolinterviews.com.au

Enter the school code 285U9 and complete booking, ensuring to enter your email address to receive your booking confirmation.

Bookings open 9am on Mon 30th March and will remain open until 3pm on Fri 24th April.
Please get in early to avoid missing out on your preferred timeslot.

Alternatively, Community Liaison Officer Tania Spruce is available to make bookings on your behalf, therefore please feel free to contact Tania on 49902566.

A Half Yearly Parent Teacher Evening for Yrs 7-11 will take place at the end of Term 2, further information coming soon.

P & C NEWS

The next P & C meeting is on Wednesday 11th March 2015 in the Common Room starting at 6.30pm. The P & C invite all parents to attend.

ADMINISTRATION OFFICE

Student Contact Details & Court Orders
With over 1000 students at Mount View High School it is important that the Administration Office has up to date student details to ensure we are able to contact parents at any time should the need arise.

Changes to contact details need to be made in writing. A change of details form can be picked up from the Administration Office. Please ensure that if you have moved house, changed home phone, work or mobile number, if there has been a change in care of your child we require parents to complete the change of details form.
Also it is a requirement that if there are any current court orders in place, a copy needs to be provided to the Administration Office to ensure your child’s enrolment details are correct. Any other court orders which relate to your child should be discussed with the relevant Deputy, or with the Principal.

School Fees & Student Assistance
At the beginning of February, families would have received statements home in the mail with fees owed for student subjects. The Admin Office is open for parents to make payments anytime between 8am – 3.45pm. Alternatively online payments are also welcome.

DID YOU KNOW THAT YOU CAN MAKE PAYMENTS ONLINE?

Parents can make online payments to the school making it easier for you to pay for school related payments eg school fees, book packs/calculators, excursions, via a secure payment page hosted by Westpac either paying in full or in instalments.

How?
The payment page is accessed from the front page of our school website www.mountview-h.schools.nsw.edu.au by selecting $ Make a payment. Payments can be made using either a Visa or MasterCard card only. This is a secure payment system hosted by Westpac to ensure that your details are captured in a secure manner. These details are NOT passed back to the school.

What expenses can be paid online?
When accessing $ Make a payment, any field marked with an * is mandatory and must be entered, all other fields are optional.

To select what you are wanting to pay in the Payment Options area, please refer to the guide below:

- Voluntary School Contributions (payment for General Service Contributions)
- Subject Contributions (payment for Subject Fees)
- Excursions (payment for camps or daily excursions)
- Sales to Students (payment for calculator/book packs etc)

Details of the payments are passed daily to the school where they will be receipted against your child’s account. As a receipt has been issued from the payment page by the bank this receipt should be kept by you as a further receipt will not be issued by the school.

For any enquiries regarding the Online Payment process please contact the School Administration Office on 49902566.

ATTENDANCE

Liz Alder – Rlg Head Teacher
Administration

Attendance Questions?
Phone 49902566 ext 1
Or call into the Attendance Office

Important Changes To Exemption From School Applications
Family holidays are no longer an accepted category for exemption from school attendance.

Taking holidays during the school term will incur absences which are noted in the student’s records. These are recorded as “Leave”. Principals or their delegates may record leave (L) for students of compulsory school age who have provided an explanation of the absence in advance which has been accepted by the principal. Unapproved leave is recorded as an Unjustified Absence.

All doctor appointments and specialist appointments are recorded as “Sick” and incur absences that are noted in the student’s records. The principal or their delegates may request a medical certificate in addition to explanations if the explanation is doubted, or the student has a history of unsatisfactory attendance.

Things For Parents To Consider
Plan holidays in the scheduled school holiday period to avoid accruing absences. If a holiday needs to occur in school time, ensure that an application is made prior to the trip so that it may be approved as ‘leave’.

Schedule your doctor appointments outside of school hours. (Please note that Sport time occurs during official school hours and participation in sport is a mandatory DEC requirement.) If an illness causes a student to be absent for any extended period, gain a medical certificate and submit it on the student’s first day back after the illness.

Continue to contact the school and inform the Attendance Office in every instance of the reasons for non-attendance.
YEADVISERS’ REPORTS

Year 10 – Angela Roughan
This year we are organising Year 10 shirts during Term 1 so that students are able to wear them throughout the year. Students are able to wear the shirt instead of their normal school shirt. The only exception will be school assemblies in which students will need to wear their normal school uniform. The shirts will have the school emblem on the front and a list of all students in Year 10 on the back. Shirts are $26.50 each which needs to be paid to the front office by Monday 9th March. Shirts will only be ordered for students who have paid by this date.

Also just a reminder that the annual Year 10 Careers Excursion will be taking place on Monday 11th May to Friday 15th May 2015 in Sydney. This excursion provides Year 10 students with the opportunity to investigate their vocational interests through occupational visits, tours and discussions with personnel and training staff from a number of large organisations, plus student advisers from Unis, TAFE and private training organisations. Cost of the Careers excursion is $435. Only a couple of places are left. A 50% deposit needs to be paid by Thursday 2nd April (last day of this term) to indicate your childs intention of going with the remaining balance to be paid by Friday 1st May.

For further information, parents can speak with Mrs Godber, Careers Adviser.

ENGLISH/DRAMA FACULTY

Melissa Wyper – Head Teacher
Good news! As the Bell Shakespeare productions for Year 8, 9 and 10 is now being paid for by Mount View High School parents who have already paid for the productions to the office are eligible for a refund.

The refund can be offset against outstanding fees, another excursion or other school expense. If you prefer your student to receive the refund in cash they will be required to sign a receipt.

A form has already been given to students to take home for parents to complete by ticking your preference for the refund and return to the front office for processing.

As you are aware, the Bell Shakespeare performances of Midsummer Madness and Macbeth: Undone will be a rich live theatre experience in the school hall on Monday, 23rd March 2015.

SCIENCE/AG FACULTY

Natalie Death – Rlg Head Teacher

Ag Adventures – by Sam Jarrett
It is with great pride that I can announce that Mount View High Schools’ Ag department, along with the extra help of our MC class next door have managed to win the “Combined Schools Agricultural Competition” at the local Cessnock show on the weekend. Our vegetable display was looking nice and luscious, (except for the corn, which Cessnock High definitely won hands down), and our scarecrow had a comical twist this year which was very impressive. We will be displaying the winning trophy and champion ribbons in the front office next week for all to see. Our newest editions to the Ag farm, a set of 6 Peking hens bred and raised by former student Claire Plumridge, also went to the show. They were a hit with the young kids that came for a look through the poultry pavilion, most having a hold and pat.

A special mention needs to be made of Millfield Primary School who took home the champion ribbon and trophy for the primary division. Mr Scott Anderson and his students worked very hard to get together a display for the show which was beautiful and even included photos. Well done Millfield. Cessnock High and Cessnock East Public schools also entered the competition this year with some fresh produce that a lot of the public onlookers commented on. Thank you to all schools for your support. Hopefully the weather will be kinder next year for us.

The local shows agricultural pavilions and competitions would not be able to run without the volunteers, donations and support from the local community. This year I have been blessed to work with a few of those kind locals who have helped out in one way or another and I feel it is worth mentioning their contributions.
Firstly, **Thomas Transport** who has supported and sponsored the Schools Ag competition for the past three years. Also **Glen Williams**, owner of **Bellbird Produce** store, who was this year’s judge in the veggie pavilion and also donated a supply of chicken feed for the winners in the poultry competition, thankyou Glen. Cessnock’s local **Gardening Club** volunteers set up and ran the plant and flower section this year and provided much needed conversation between taking entries in our pavilion. **Pat Ptolmey** who volunteers every year to help set up pavilions and keep the sections running. And last, but definitely not least, **Alan Bailey** who spent endless hours setting up the poultry pavilion, taking entries and helped with judging. Please try to support these local businesses throughout the year. They are helping keep our community moving.

Keep an eye out in later submissions, there’s a lot happening in the farm this year.
CAPA SUCCESS

Larayne Jeffery – Head Teacher

LEAP centre update
The construction of the LEAP centre is progressing according to plan. The surrounding retaining wall is complete and the steel frame has been erected.

Ukulele Workshop
Year 8 are attending a ukulele workshop this week in preparation for their Term 2 performance unit.

60 students participated in this ‘hands on’ experience and learnt a wide variety of skills and songs. They all look forward to specialising in this instrument next term.

‘In Concert’
In May, 20 vocal students will travel to Sydney to perform in the Town Hall at the Secondary Schools Choral Concert for 2015. Four major works will be performed along with an orchestra, wind ensemble and jazz band. Rehearsals have started and students are busily learning their repertoire.

PDHPE FACULTY

Sue Ford – Head Teacher

MVHS Fit Club – by Jamie Grove
The MVHS Fit Club is up and running again in 2015. Students have the opportunity to train in the gym during Tuesday and Wednesday at lunchtime. If students would like to lift weights they must be able to perform 10 correct push ups and 10 correct squats. The aim of the MVHS Fit Club is to improve the students’ results in a range of fitness tests. The fitness tests include the basin run, the beep test, push ups in 90 seconds, progressive 5 bounds test, 500m row and 2000m row. The best performers in each test will be recognised at the sports assembly.

As part of the MVHS Fit Club students will also have an opportunity to be involved in lunchtime sport competitions such as 7-aside soccer, touch football, dodge ball and handball. In Week 8 of Term 1 the big beep is on. On Tuesday and Wednesday of Week 8 all students will be invited to participate in the beep test.
The fittest boy and girl from MVHS will be recognised at the sports assembly.

I encourage all students and parents to keep training.

MULTICATEGORICAL (MC) CLASS

Leanne Triggs – Head Teacher Teaching & Learning

For the past few weeks, MC1 have been building a scarecrow to enter into the Cessnock Show. The inspiration for the scarecrow came from the 1990s television sitcom *Family Matters* and one of the main characters named Urkel.

On Friday 27 February, both MC classes walked to the Cessnock Showground to see our scarecrow in all of its glory and see if it had won a prize. We were delighted to find out that our scarecrow had taken out 1st place! Congratulations to our students and thank you to Mr Jacobs and Miss Earl for all of your help.

All students had a great time and we all enjoyed seeing the horses, dogs, show rides and sideshows!
STUDENT WELLBEING

Julie Myers – Head Teacher Welfare

Immunisation program
All Year 7, Year 11 and Year 12, will take part in the Area Health Vaccination Program. Our first clinic day was Monday 2nd March where the NSW Health nurses administered the vaccines recommended by the National Health and Medical Research Council (NHMRC) for adolescents as part of the school vaccination program.

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<th>Visit Number</th>
<th>When</th>
<th>Offered</th>
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<tbody>
<tr>
<td>1</td>
<td>March</td>
<td>Varicella (chickenpox) 1 dose to all Yr7</td>
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<tr>
<th>Number</th>
<th>When</th>
<th>Offered</th>
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<tbody>
<tr>
<td>1</td>
<td>March</td>
<td>Varicella (chickenpox) 1 dose to all Yr7</td>
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<tr>
<td>2</td>
<td>May</td>
<td>Dose 2 HPV (human papillomavirus)</td>
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<tr>
<td>3</td>
<td>Sept</td>
<td>Dose 3 HPV (human papillomavirus)</td>
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The next clinic day will take place in May but we will notify parents in the View of the date closer to the day.

Youth Week Breakfast
Members of the Cessnock Youth Centre and Outreach Service (CYCOS) will be serving a free brekkie at Mount View High School on Tuesday 31st March from 8am to students and handing out flyers promoting the upcoming Youth Week events. Students are encouraged to grab some brekkie and find out what activities are happening in our area.

![Program Schedule](image)

**The Challenge of Disciplining Your Children**
- **Date:** Friday, 27 February 2015
- **Time:** 10:00am – 1:00pm
- **Cost:** $25 (Concession $15)

**Building Bridges**
- **Date:** Thursday, 19 March 2015
- **Time:** 10:00am – 12:15pm
- **Cost:** Free

**Creating Positive Relationships**
- **Date:** Running regularly until 30 June 2015
- **Cost:** Register with the Australian Government’s Stronger Relationships Trial to pay the reduced price of $95 per session. Ask us how you can apply.

**Relating As Stepfamilies**
- **Date:** Running regularly until 30 June 2015
- **Cost:** Register with the Australian Government’s Stronger Relationships Trial to pay the reduced price of $150 per session. Ask us how you can apply.

**Bookings essential - Phone 4016 0566**
Building Bridges

When parents separate, they often live in two homes and kids need to find a way to build their own bridge between their parents’ homes.

Building Bridges is a free two-hour workshop for children to discuss how bridges connect families that are living in two separate places.

Children will learn:
- to understand feelings about parental separation and fighting
- about changes in families following separation
- how to feel safe in the family
- to become emotionally stronger and more resilient

Thursday, 19 March 2015
10:00am – 12:15pm
Venue: Interrelate Newcastle
495 Hunter Street, Newcastle NSW 2300

Bookings essential - Phone 4016 0566

Relating as Stepfamilies

This three-session program assists couples to manage the demands of life as a stepfamily.

It will assist parents to:
- examine the challenges and positives of stepfamilies
- examine personal beliefs and the effects of holding onto these
- highlight the losses stepfamilies have suffered
- recognise the importance of developing stepfamily rituals
- compare different communication styles

Running regularly until
30 June 2015
(over three consecutive weeks)
Venue: Interrelate Newcastle
495 Hunter Street, Newcastle NSW 2300

Bookings essential - Phone 4016 0566
Register with the Australian Government’s Stronger Relationships Trial to pay the reduced price of $100 per couple.

Creating Positive Relationships

This is a three-week program (delivered in one-hour sessions) to help couples keep the romance and passion alive in their relationship.

Couples will learn:
- how to understand each other more
- new ways to show love
- how to improve their communication

Running regularly until
30 June 2015
Venue: Interrelate Newcastle
495 Hunter Street, Newcastle NSW 2300

Register with the Australian Government’s Stronger Relationships Trial to pay the reduced price of $55 per couple. Ask us how you can apply.

Bookings essential - Phone 4016 0566

Creating Emotionally Resilient Families

Resilience is the ability to bounce back or even thrive during daily stressors or more challenging life events.

The program delivers strategies for parents wanting to raise resilient children and develop a strong, emotionally connected family.

<table>
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<tr>
<th>Venue</th>
<th>Kurri Kurri Public School</th>
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<tr>
<td>Date</td>
<td>10th, 17th &amp; 24th March 2015</td>
</tr>
<tr>
<td>Time</td>
<td>10am – 12.30pm</td>
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To express your interest, please contact:
Leanne 4922 5736
Email: Leanne.Adviser@newcastle.edu.au

BOOKINGS ESSENTIAL

Presented with the support of:
CAREERS

Mavis Godber – Careers Adviser

Attention students - Do you need advice about choosing a pathway? Come and talk to me anytime as I can provide you with information, advice and guidance to help students make realistic choices about education, training and work. Students can find information on various job opportunities and courses on the noticeboard located outside the Careers Office.

Certificate III in Electrotechnology - Electrician

Careers Australia is a private training provider that has been providing training in the Certificate III in Electrotechnology Electrician course for Apprentice Electricians in Newcastle and the Hunter Valley since 2010. Sometimes it can be hard for students to gain work experience in industry and to help fill this gap Careers Australia are going to be offering hands on electrical trade experience courses during the Easter School Holidays. These courses are aimed at students who are currently in Years 10, 11 or 12 who are considering a career as an electrician.

It will give them an appreciation of the electrical field and will allow them to participate in electrical practical activities in our fully equipped workshop. Students will undertake WHS training and be completing practical activities from day one enabling them to experience what work they will be involved in as an electrician so they can see make an informed decision if this is the career path for them.

The course will be conducted over 4 days from 9am to 3pm each day and will cost $250pp. Students will receive a Statement of Participation for their resume and will be required to wear safety boots for the duration of the course. Contact Careers Australia on 49679200 to enrol.

The Australian Air Force Cadets 308 (City of Maitland) Squadron conducted during February a recruitment information evening for its first recruit intake for the year. The Australian Air Force Cadets is a youth organisation that is supported by the RAAF and teaches valuable skills including leadership self reliance, confidence, team work and communication. Activities we are involved with are powered flying and gliding, fieldcraft, ceremonial and firearms training amongst other activities. Students interested in further information can call 49325808 or visit www.308sqn.aafc.org.au

Call us now to enrol
on 02 4967 9200
A really, really BIG THANKYOU to all of the students and teachers who volunteered at our fundraising BBQ at Bunnings on Saturday.

It was a warm day to be slaving over a BBQ plate but all the volunteers did it with a smile!! We raised approximately $650 from the day that will go directly back into Indigenous programs within Mount View High. A question of how best to spend these funds will be put to the members of the Junior Aboriginal Education Consultative Group during the next meeting. If students have any ideas please come along and share your thoughts with the group.

The next Junior AECG meeting will be held on Tuesday 10th March (week 7) during lunch time. All Indigenous students are encouraged to come along and have a say in what happens at school.

Bro Speak commenced in Week 4. This term we have targeted Year 7 boys and two mentor boys from Year 10. The program started with a Day on Country for the boys with Uncle Adam Drylie and teachers Mr Cooke, Mr Jarrett and Mr Bragato. Reports back from the boys were that the day was fantastic! For many of the boys it was the first time out to Biamies cave at Millbrodale, the boys got a lot from being there and no doubt did some self-assessments after listening to Uncle Adam speak. The boys will meet every Wednesday now till the end of term – apart from week 6 as Year 7 camp will be on.

Sista Speak has also recommenced again. This term we are continuing with the girls who started last year. The girls are keen to get back into it and are a working together on a joint presentation for our Close the Gap/Harmony Day assembly coming up!

This year we are intending to travel to Cessnock High on Monday 23rd March to participate in not only the annual touch football grudge match but also their ‘Close the Gap’ assembly, lunch BBQ and a game of basketball. It will be a full day out for those students who are interested. We hope that by coming together for the day we will help raise the awareness even further of the need to close the gap between Indigenous and non-Indigenous Australians with respect to life expectancy, child mortality, access to education, educational achievement and employment outcomes.

Meeka Day – Monday 30th March, is also fast approaching and notes will go home soon regarding this event. Funded by Ungooroo Aboriginal Corporation, MEEKA Youth Expo is held in Singleton and will be a full day out for students.

Meeka will have numerous stall holders, service providers, and motivational speakers all aimed at guiding and inspiring a young persons’ career and life choices. There will also be other activities such as a sausage sizzle, traditional music and dance.

To our six current Year 12 students, I hope the studies are going well! Not long now till half yearly exams... if you haven’t already started NOW is the time to start studying. I wish you well with the upcoming exams, my door is always open should you need any help – GOOD LUCK!!
COMMUNITY NOTICES

CONGEWAI HARVEST FESTIVAL

Sunday 29th March 2015
9am—2pm
Congewai Public School
605 Congewai Rd, CONGEWAI

*Bands
*Funky Junk Flea Markets
*Fabulous stalls filled with unique art & craft
*Jumping Castle

Come and see what all the fuss is about!

Please follow our Facebook page in coming months for more information...
www.facebook.com/congewaipublicschool

NOTICE

25/02/2015

School Service 17 Mornings

CHANGES EFFECTIVE WEDNESDAY 04/03/2015

Changes are being made to this route which will mostly affect the times that students will be dropped at school. These changes will mean that St Phillips students are dropped off earlier and that Nulkaba public school students will not arrive at school so early. Nulkaba Public School students from Mount View Road will be picked up at a later time.

** Please turn over for a copy of the route **

7.30  BRANXTON - DEPART AT 7.30am - continue Wyndham Street
(R) George Street
(R) McMulline Road
(R) Dalwood Road
(L) Wyndam Street
(R) New England Highway
(L) Clift Street

7.33  BUS STOP Clift Street
(L) Dinran Street
(R) Bridge Street - continues into Wine Country Drive
(L) Mayne Street
(L) Scott Street
(L) Rothbury Street

7.38  BUS STOP Rothbury Street (upper)
BUS STOP Rothbury Street (lower)

7.40  (L) Wine Country Drive
(L) BUS STOP Corner Brantxon Road and Tuckers Lane
(R) McDonalds Road
BUS STOP Corner McDonalds Road and Dessey’s Road
BUS STOP Corner McDonalds Road and Palmers Lane
(L) Broke Road
(R) Wine Country Drive
(L) Lomas Lane

8.05  SAINT PHILIP CHRISTIAN COLLEGE - NULKABA
(L) Lomas Lane
(R) Wine Country Drive
(L) Broke Road
(L) McDonalds Road

8.15  BUS STOP McDonalds Road at the Small Wine Makers Centre

8.17  BUS STOP corner of McDonalds Road and Oakey Creek Road
(L) Oakey Creek Road
(R) Marcovlone Road
(R) Oakey Creek Road
(L) Mt View Road

8.27  MOUNT VIEW HIGH SCHOOL
(R) Mount View Road
Bus at roundabout
BUS STOP Vineyard Grove - Collect Nulkaba Students
continue Mount View Road
(L) McGarve Street
(L) Wine Country Drive
(L) Austral Street
(R) Brantxon Street

NULKABA PUBLIC SCHOOL - Bus Zone
(R) O’Connor’s Road
(R) Wine Country Drive
(R) Wollombi Road

SAINT PATRICKS PRIMARY SCHOOL
continue along Wollombi Road to West Cessnock

8.48  CESSNOCK WEST PUBLIC SCHOOL
(L) Campbell Street
(L) Alfred Street
(R) West Avenue
(R) South Avenue
continues into Aberdare Road
(L) Brindis Street

8.53  CESSNOCK PUBLIC SCHOOL
continue Brindis Street
(R) Lawson Street
(R) Mulberry Street
(R) Aberdare Road

8.55  CESSNOCK HIGH SCHOOL
AFS Australia, world leader in High School Student Exchange to over 57 countries are kicking off their 2015 information sessions and invite you to come along and find out if a student exchange program is for you.

An AFS student exchange is all about excitement. New countries. New cultures. New friends. There are heaps of countries to choose from. If you want to experience something new, take the leap and join the hundreds of young Aussies who head overseas with AFS every year.

Students in years 10–12 can spend anywhere between 2 weeks to 11 months studying abroad, learning a language and becoming a part of a whole new culture. Learning by doing. You’ll be supported the entire way by AFS.

We will be running a free information session for you and your parents to find out more:

**When:** 11am Saturday 14th March

**Where:** Wallsend District Library
Bunn Street, Wallsend

For more information and to register your attendance or to see the many other locations and dates of upcoming Information Sessions, head to [www.afs.org.au/opendays](http://www.afs.org.au/opendays) or call the AFS Sending Team on 1300 131 736 or email ausafs@afs.org

At the session there will be returned students eager to share how the AFS experience has impacted their lives, and keen to encourage you to take a chance and study abroad.

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**Learn About Your World**

Volunteer to host an international high school student in July 2015 like Nele, who is 15, is outgoing and positive and who likes being involved in her community. Together with her school-mates, she had organised a fundraiser effort involving participation in a 300-km hiking trail into the Black Forest. Besides playing the piano and saxophone in a band, she also performs in street festivals and helps out at the farmers’ market. Prepare to be amazed at the way this unique and rewarding opportunity helps your family to become closer, to understand themselves better and to see the world in a new light.

Students arrive in July 2015 for one term, one or two semesters from France, Italy, Germany, Sweden, Norway, Denmark, Finland and Spain all arranged by Southern Cross Cultural Exchange. Visit our website [www.scce.com.au](http://www.scce.com.au), email us at scceaustralia@scce.com.au or call us toll free on 1800 500 551.

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**The Royal Society for the Blind**

**Low vision aids & professional services**: - Occupational Therapy - Social Work - Orientation & Mobility - Low vision aids - Adaptive technology - Social groups & programs

*(02) 4956 2282*

**151 Lambton Road**
**Broadmeadow**
**NSW 2292**

[www.rsb.org.au](http://www.rsb.org.au)  |  [rsbhunter@rsb.org.au](mailto:rsbhunter@rsb.org.au)

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**Experience The Magic Of Hosting**

As a host family student, you provide your hands, and what you expect to receive in return, is to show your student your love of this beautiful country. You will become your student’s home away from home, and you will find that you have a unique and rewarding relationship.

Your student will experience how Australians live, and they will expect you to share your culture with them. By sharing your culture with your student, you will get to know their country and culture, and you may just find that you have a new friendship with your student.

**When:** September 2015

**Where:** Wallsend District Library
Bunn Street, Wallsend

For more information and to register your attendance or to see the many other locations and dates of upcoming Information Sessions, head to [www.rsb.org.au](http://www.rsb.org.au) or call the AFS Sending Team on 1300 131 736 or email ausafs@afs.org.

At the session there will be returned students eager to share how the AFS experience has impacted their lives, and keen to encourage you to take a chance and study abroad.
THE BEST HOLIDAYS HAPPEN AT CAMP

Relaxing  Fun  Great value  Safe

Entertain the kids this school holidays with a Sport and Recreation camp. Our popular Kids’ and Family Camps offer a range of exciting activities to keep even the busiest kid entertained. Try your hand at over 40 different activities, including fishing, sport trials, adventuring, crafts, kayaking, cooking and more. Led by qualified instructors, you can rest easy knowing your kids are in safe hands.

Kids’ Day Camps start from $47. Family Camp weekends start from $62 per day for kids and $99 per day for adults (kids under 5 attend free cost includes accommodation, meals and activities).

Bonus: Residential Kids’ Camps include supervised transport from:
- Central Station, Sydney
- Penrith
- Lithgow
- Bathurst
- Orange
- Wellington
- Brooklyn
- Mooney Mooney.

dsr.nsw.gov.au/kidscamps
dsr.nsw.gov.au/familycamps
13 15 02
facebook.com/invroptsandrecreation

CMRL REGO 2015

If your child is turning 5 or above this year and wants to play league why not join the Goannas?

It’s time to REGISTER ONLINE NOW!
Go to the CMRL webpage [CMRL.net.au] and click on the “REGISTER NOW” button or follow us on Facebook and click the link.

- New Players in under 6’s - $60
- Returning Players under 6’s to under 16’s - $100
- Under 17’s - $130

All fees include club fees - so no weekly payments
New Players - Club Shirt, Shorts, Socks
All players will receive their playing jersey at the end of the season.

We will be holding a payment afternoon on Thursday 12th February in the Clubhouse at the Basin from 4pm to 7pm - Clothing will also be available for purchase.

For registration problems call
Tam Avery on 0402 697 417.
For general inquiries call
Chris Amos (Secretary) on 0428 633 314

BELLBIRD JUNIOR FOOTBALL CLUB

2015 Registrations

ONLINE REGISTRATIONS ARE NOW OPEN

1. Complete online registration at www.myfootballclub.com.au
2. All players must attend one of our registration days to complete registration paperwork, payment of fees and ordering of merchandise

Meet and Greet and Registration Day

When — Sunday 8th March
Where — Carniechall park, Bellbird
Time — 9 A.M. until 2 P.M.

New Players require birth certificate or passport — copy only

Players from 4 years of age
[must be turning 5 before 31st December 2015]

5-7 years $80 • 8-11 years $95
12-18 years $110 • Seniors $200

PAYMENTS CAN BE MADE ONLINE OR CASH/CHEQUE ON DAY

NEW PLAYERS RECEIVE FREE SHORTS, SOCKS AND CLUB POLO SHIRT.

Further details are on our website www.bellbirdjuniorfootballclub.com

PLEASE PHONE BELINDA
ON 0412-971-479

For more information go to www.hunteranimalrescue.com.au

Proudly Sponsored by:

PETquarters
No knives at school

Parent Fact Sheet

S A F E T Y  A N D  S E C U R I T Y  D I R E C T O R A T E

There is no good reason to bring a knife to school.

NSW now has the toughest knife laws in Australia. As a parent, you need to be aware of these laws, as you can also be charged if you allow your child to carry a knife.

No knives allowed at school under any circumstances.

- If a student has a knife at school the principal may call the police.
- The student may be expelled or suspended immediately. Possessing a knife includes your child simply having one in their bag or locker. Having a knife for self-protection is also illegal. If you are concerned about your child’s wellbeing or safety, contact the principal.
- Tough penalties apply for children convicted of knife offences, including gaol sentences of up to 25 years if someone is injured with a knife during an assault.

What kind of knives are prohibited?

As school policy is designed to keep all students safe, no type of knife is allowed at school. No type of knife is allowed at school. That means no butter knives or fruit knives in lunchboxes, or knife tools for craft purposes.

- Flick knives, ballistic knives, sheath knives, push daggers, trench knives, butterfly knives and star knives are all prohibited.
- Your child cannot bring to school any item that can be used as a weapon (such as a chisel).
- In lessons requiring the use of knives, for example cooking or trades, your child’s teacher will supply and supervise the use of the tools.
- There are some senior subjects, such as hospitality, where children may be required to have their own knives.

Your child’s school will advise you about these courses and the procedures for carrying knives legally to and from school and TAFE.

The law makes parents responsible

You need to make certain your child is aware of the school’s rules and the State laws about knives.

If you allow your child to carry or possess a knife at school or in a public place, you can be charged.

- The police can search any child they suspect of having a knife. They can confiscate any dangerous object they might find during the search.
- Your child must comply with such a police search, or they may be arrested and charged.
- It is also illegal for anyone to sell a knife to anyone who is less than 16 years old.
Whooping Cough (Pertussis)

Last updated: 1 July 2012

What is whooping cough?

Whooping cough can be a life threatening infection in babies. Whooping cough in babies can lead to apnoea (pauses in normal breathing), pneumonia, feeding problems and weight loss, seizures, brain damage and, in some cases, death. Older children and adults can get whooping cough too and pass it on to babies.

What are the symptoms?

- Whooping cough usually begins like a cold with a blocked or runny nose, tiredness, mild fever and a cough.
- The cough gets worse and severe bouts of uncontrollable coughing can develop. Coughing bouts can be followed by vomiting, choking or taking a big gasping breath which causes a “whooping” sound. The cough can last for many weeks and can be worse at night.
- Some newborns may not cough at all but they can stop breathing and turn blue. Some babies have difficulties feeding and can choke or gag.
- Older children and adults may just have a cough that lasts for many weeks. They may not have the whoop.

How is it spread?

- Whooping cough is spread when an infectious person coughs bacteria into the air which can be inhaled by people nearby. If they are not treated early, people with whooping cough are infectious in the first three weeks of their illness.
- Whooping cough spreads easily through families, childcare centres and at school.

Who is at risk?

- Anyone can get whooping cough. People living in the same household as someone with whooping cough are especially at risk.
- Immunisation reduces the risk of infection but immunity fades over time. You can still get whooping cough even if you’ve been immunised.

How is it prevented?

Whooping cough vaccines provide good protection from infection but immunity fades which means that boosters are needed.

Immunisation for babies

- Babies need to be immunised at 2 months, 4 months and 6 months. The first dose can be given as early as 6 weeks of age.
- Getting your baby vaccinated on time gives them some protection when they are most at risk of severe illness.
- If your baby’s vaccines are overdue, see your GP now to catch up.
Immunisation for older children

- A whooping cough booster is needed at 4 years of age.
- Check if your child has been vaccinated. Look at their Blue Book, speak to your GP or ring the Australian Childhood Immunisation Register on 1800 653 809.
- A second whooping cough booster is given in high school through the NSW School-based Vaccination Program.

Immunisation for adults

A booster for adults is recommended for:

- Women who are planning a pregnancy, pregnant (third trimester) or post-delivery. These women should discuss their vaccination needs with their doctor as soon as possible.
- Other adult household members, grandparents and carers of infants under 12 months of age.
- Adults working with young children, especially health care and child care workers.
- New mothers in NSW are eligible for free whooping cough vaccine in the public maternity unit after the birth of their children.

If you are a close contact of someone with whooping cough:

- If you have been exposed to someone with whooping cough early in their illness while they are infectious, watch out for symptoms and see your doctor if you get a new cough.
- Some babies and some pregnant women need antibiotics to prevent whooping cough infection if they have had significant contact with an infectious person.

How is it diagnosed?

Your doctor may ask about your symptoms and whether there you’ve had any contact with whooping cough. If your doctor thinks you have whooping cough, a swab from the back of the nose or throat can confirm the diagnosis.

How is it treated?

- Some babies may need treatment in hospital or in intensive care.
- Antibiotics are used to treat whooping cough in the early stages and can help prevent spreading whooping cough to others. People who are not treated early with the right antibiotics can spread the infection in the first 3 weeks of their illness. After 5 days of antibiotics, you are normally no longer infectious.
- The cough often continues for many weeks, despite antibiotics.

What is the public health response?

Doctors and laboratories must confidentially notify cases of pertussis to the local Public Health Unit. Public Health Unit staff can advise on the best way to stop further spread.

Infectious children are restricted from going to pre-school and school. Unimmunised contacts may be excluded from child care unless they take the special antibiotics.

Identify - Protect - Prevent

NSW Health whooping cough campaign

For further information please call your local Public Health Unit on 1300 066 055 or visit the New South Wales Health website www.health.nsw.gov.au