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from THE PRINCIPAL

Hello to all students, parents, carers and staff. Once again Term 4 has ended at a fast pace.

It is hard to believe that I have been the proud Principal of Ingleburn High School for the last 11 weeks. My time has been filled with great memories of students doing their academic and sporting best; the bushfires; Say Hi Day; Teacher v Student sporting challenges; Year 7 Transition; a fantastic Presentation Night; and the list goes on. It has been a great time in my teaching career and I look forward to an even more productive and inspiring 2014. Life will be different at Ingleburn High School next year with lots of new programs, learning support for our students and a strong student voice in the recognition of student achievement.

Year 12 have now finished their HSC exams and for some it is the culmination of 13 years schooling, but for others it is a new lease on life and fresh beginnings. Now the anticipation of their results will soon turn into reality.

To all those Year 12 students I wish them well in their future academic endeavours, post school to work destinations or whatever their future holds. The exam supervisors would also like to pass on their congratulations to all students on their approach and attitude to the HSC exams. Their punctuality and application allowed the exams to run smoothly and on time.

Year 11 students are well into their Year 12 course work this term and are now officially Year 12 students. I would like to take this opportunity to thank the students for adopting a more serious approach to their studies in their HSC year. If you are experiencing class work difficulties or a personal problem make sure you contact the school for assistance, don't leave it till it is too late and get overwhelmed. There is always a way to sort out problems if you put your hand up early.

I would like to thank Mr Craig Butler, who has been relieving for me whilst on sick leave, a job well done, with the support of Mr Elbahou and Ms Menon. I would also like to thank Ms Menon who has been Relieving Deputy Principal for the last two terms for Mr Weatherstone. Her tireless efforts in supporting the welfare of students and staff is to be commended.

Ms Menon is a committed teacher and has been an asset to the school in this role. We welcome back Mr Weatherstone next year and Ms Menon will return to her role as Head Teacher Welfare.

The staff at Ingleburn High School are truly committed to helping your student. They spend a lot of time preparing engaging lessons and working with their students to be the best they can be. I would also like to pass on my thanks to all the staff for supporting my first term as Principal and I look forward to forging a strong vision for the school in 2014 and beyond.

Just a reminder from the last newsletter. School subject fees will require payment for students to maintain their participation in Electives. In 2014 Years 9 and 11 student fees will have to be paid before students can begin these electives. A 30% deposit (eg. Year 9 Food Technology fee is \$50.00, 30% deposit is \$15.00.) will need to be paid as soon as possible at the beginning of Term 1 next year and the balance to be paid by Week 5 of Term 1 2014. If your child has chosen an elective that has a fee and you are having difficulty paying this fee then please contact the Principal to discuss some options. There is a range of non-fee or low cost subjects students can choose from and they are fantastic options to consider.

This policy has been endorsed by the P&C of Ingleburn High School.

The P&C is a great organisation and provide much needed support for our students. The tireless work of Sue Roberts and her team help the school in many fundraising endeavours and school functions to raise money for school programs and promotional activities. If you would like to join the P&C they meet at the school every 4th Wednesday of the month. We look forward to seeing you there.

Again thanks for a great 2013 and supporting the Ingleburn High School Learning Community. Ingleburn High School is a great place for students to achieve their potential because great things happen here. We look forward to meeting all the students next year and we will welcome a new cohort of Year 7 students who are eager and keen to be at high school.

I hope Santa is kind, so enjoy the holidays and if you are travelling, have a safe and restful time and we will see you all in 2014.

Rob Cheadle
Principal



School Calendar

Week 1 – Term 1 2014

28 Jan Staff Only Return
29 Jan Years 7, 11 and 12 return to school
30 Jan Years 7 – 12 attend school
31 Jan New Enrolments

Week 2 – Term 1

7 Feb Morning Tea with Year 12 2013

Week 3 – Term 1

13 Feb **SCHOOL PHOTOS**
14 Feb Swimming Carnival

Week 5 – Term 1

26 Feb P & C Meeting at 6.30 pm in Common Room (B Block)

**All dates and information are correct at time of printing however changes may occur due to unforeseen circumstances. We apologise for any inconvenience this may cause*

IHS UNIFORM SHOP OPENING HOURS JANUARY 2014

Purchases of the new school uniform may be made during the following hours.

**Tuesday – Friday
22 – 25 January
9.00am – 3.00pm**

and

**Tuesday and Wednesday
29 and 30 January
9.00am – 11.00am**

**And then each
Friday morning from
8.30am – 10.00am**

If your child requires an “unusual” size or fitting, then this can be ordered via the uniform shop at no extra cost for the item.

**EFTPOS and Credit card payment
is available.**

All sales benefit the school with a percentage of each item sold going to the P&C.

2013 NSW INDUSTRIAL TECHNOLOGY COMPETITION

Year 10 students, Ivan Subang, Matthew Dean and Brandon Arpasi entered the 2013 Year 9 and Year 10 State wide Industrial Technology High Schools competition held by the Faculty of Engineering at The University of Wollongong. This competition is very tough because many high schools across NSW enter this competition.

The project that our Ingleburn High School group submitted was a Stop Motion Animation by taking nearly 2000 photos and several months' effort. On the presentation evening of 11 December, our boys went to The University of Wollongong and received Runner-Up of the Multimedia Focus Area Award which was presented by Dr Bob Wheway from The University of Wollongong. This is the first time that students from Ingleburn High School have received a major prize in the Industrial Technology area at a state competition level. Well done boys! Ingleburn High School is proud of you!



Mr D. Dong
Industrial Arts Faculty

**CONGRATULATIONS TO ALL
OUR WINNERS AT THE
SCHOOL'S PRESENTATION
NIGHT AND FORMAL SPORTS
ASSEMBLY. PHOTOS FROM
THESE EVENTS CAN BE FOUND
ON THE SCHOOL'S WEBSITE.**



DEPUTY PRINCIPAL REPORTS

Beacon - Building Connections 2013 Round - Up

Ingleburn High School had a very successful Building Connections program this year. We are extremely grateful to Blackrock Finance for funding this program and to Beacon Foundation for supporting us all through the way.

As part of the Building Connections program this year we had four High Impact programs – one BBQ with the Boys, one 'Lunch with the Girls' and two Polish programs. Apart from this the Year 10 cohort also took part in Speed Careering, Mock Interviews and an information session about Apprenticeships and Traineeships (courtesy Beacon Foundation).

In 2013, many faculties had businesses and employment agencies visit the school for Business Blackboard sessions.

SOCIAL SCIENCES

On 29 August, Darryl McManus from Gloria Jean's Ingleburn came to speak to three classes of Year 10 Work Education students about the personal skills that employers look for in young people. They were made aware of the importance of personal presentation, attitude, initiative, Work Health & Safety (WHS), customer service, punctuality, following instructions and good communication skills. Plans for future development of this program in 2014 include introducing a formal work experience program for interested Year 10 Work Education students in 2014.

On Friday 11 October Grant Wardell-Johnson from KPMG and Deepti Paton from the Australian Taxation Office came to talk to Year 11 Legal Studies students and Year 10 Work Education students. With the legal students Grant and Deepti discussed 'What money can't buy'. The students were engaged and participated in a large variety of examples that gave them a better understanding of some of the topics they study in the Legal Studies course.

With Year 10 Work Education, Grant and Deepti gave an account of how they ended up in the careers they are in. They discussed education requirements, work load, salary, personal skills required and what they found interesting about their careers.

These two highly trained professionals gave students a valuable insight into the Australian Taxation Law and the benefits of a legal background for career prospects. Many students stayed behind after the presentation to ask further

questions to gain further insight into what they found a very interesting topic.

PDHPE

On Monday 28 October, Ms Horidis, an Exercise Physiologist spoke to the year 10 Physical Activity and Sports Science class as part of the Beacon Foundation's Business Blackboard program. Ms Horidis came to speak to the students about the topics of sport science and exercise physiology. She spoke passionately about her role in society as a health care professional who specialises in the benefits of exercise to help patients get fitter for all round good health and also about the treatment of patients with a medical condition through exercise. She discussed with the students about how she got into exercise physiology and the possible career pathways for students pursuing a career as an Exercise Physiologist. The students asked many interesting questions and thoroughly enjoyed the session as it provided them with a better insight into the various occupations within the sport, fitness and the recreation industry and what they may want to do and study after they complete their HSC.

ENGLISH

Megan Gorrey from Fairfax Media spoke to one of the Year 10 English classes about her career in journalism. She discussed her educational background and the subjects she did for her HSC. She then went on to talk about the steps she took to become a journalist from school to university and then as a cadet at various news outlets. The most important things to come out of her talk were the need to set specific short and long term goals and to be realistic about aspirations and setbacks. She also discussed the need to be resourceful and proactive in pursuing a career in journalism and developing the confidence to write and submit articles and accept the advice of senior journalists. Megan also discussed the other avenues one could take in pursuing a career in news media, most notably advertising, something which the students were quite interested in. The students who may not have been interested in journalism also benefitted from this talk.

MUSIC

As part of the Beacon program Kylie Whitney gave a presentation to the Year 10 Music Elective class. Kylie Whitney is a Sydney based music recording engineer and singer songwriter. She currently works at Love Hz Studios with some of Australia's award winning music producers.

Her credits include ARIA nominated albums for artist such as Tim Freedman (The Whitlam's), McAlister Kemp (ARIA Nominees, Golden Guitar), Graham Connors (Golden Guitar winner), Jasmine Rae (ARIA nominee, Golden Guitar winner), Dan Conway (Australia's Got Talent), Chris and Courtney Murphy (Australian Idol) as well



as legendary Australian artists such as John English, just to name a few.

In 2011 on the release of her singles Mermaids and We Can't Be Friends, Kylie toured East Timor with the Australian Army Forces Entertainment, along with notable Australian performers and comedians such as ARIA winner Chris Franklin. Her 2011 independent releases caught the attention of UK Grammy award winning producers Elliot Kennedy (Spice Girls, Aretha Franklin) and Garry Barlow (Take That, XFactor UK) who recently signed her to their newly established record label, Thumbprint Music UK for her next 3 albums. Kylie releases her debut album early 2014 through Thumb Print and Universal Music and is due to tour the US and UK upon its release. She currently holds position as a senior lecturer in the Audio Engineering department at Sydney's JMC Academy, the 2013 ACPET awarded higher education provider of the year.

Kylie gave the students an insight into what a typical day is for her, from recording artists in a professional studio, to teaching recording techniques and production to tertiary students at JMC Academy. Adding to this Kylie explained how she uses concepts taught in Music Elective in her professional life. Kylie brought in recordings of artists she's currently working with and showed the students before and after versions of recordings.

A 'big' thank you to all the professionals who took the time out of their busy schedule to address our students and a 'big' thank you to all the teachers for organising this special event for their students. We look forward to bigger and better engaging programs in 2014.

It has been absolute pleasure to fill in as Relieving Deputy Principal in the absence of Mr Weatherstone. I would like to thank the parents and the school community for working with me in assisting the students make better choices.

In 2014 I will be back in my substantive role as Head Teacher Welfare and look forward to working with all of you. I wish you all Happy and Safe holidays.

Mrs P. Menon
Relieving Deputy Principal

HEAD TEACHER ADMINISTRATION

2013 has been a very successful year for attendance. We have seen an increase of communication from parents and caregivers with regard to student absences.

We would like to invite parents/guardians to continue communication in 2014. If you are planning a trip and know your child will be absent for an extended period of time, please seek an exemption form from the school.

Also, if a student is absent please provide relevant documentation to the school. A daily SMS and a weekly or monthly absence letter are also sent home via the student and the mail.

If you know your child will be absent at the start of the 2014 school year please inform the school by email as soon as possible.

Ms S. Papadakis
Head Teacher Administration

CAREERS REPORT

Well I can't believe it's that time of the year again. This year seems to have flown.

I would like to wish everyone a safe and happy Christmas and a prosperous New Year.

Looking forward to working with you and your students next year for what will hopefully be an exciting and fruitful year.

Don't forget. It's never too late to apply for a Tax File Number (TFN). You will need this once you start a part-time job and all you need to do is collect a TFN application form from me.

Year 12. Good luck with your results and I do hope that you achieve good results. Don't stress and don't hesitate to come and see me if you have any concerns.

Year 10 and 11. TVET begins Week 2 next year and I will have a meeting to let you know the first day arrangements.

Until next year.

Mrs J. Duval
Careers Adviser



STAFF v STUDENT SPORTING MATCHES

As the year draws to a close, staff and students have been battling it out on the sporting field. 2012 saw the students win against the staff in netball (TWICE!) so the staff had a score to settle.

The first game was indoor soccer, after a wet morning made the back oval too slushy to play on. At lunchtime, the hall was jam packed with spectators eager to see if the students still had what it takes to remain victorious. It was a close match with memorable performances by Mr Nguyen in goals and Mr Zezovski and Mr Shah as strikers for the staff. But once again the senior boys' first half for the students, followed by the Year 10 boys in second half, proved to be too strong.

Game two was netball on the Asphalt. The staff knew they needed to go out strong in the first half against our Open Girls representative team whose reputation as regional finalists was well known. Fortunately, the staff team was full of strong players who could hold their own against the young girls, notably Miss Peters as GK, Miss Bootsma in GD (an ex-IHS representative netball player) and coach extraordinaire, Miss Ventura.

In the second half, when staff were tiring, our junior team came in strong. Crowd favourites were Eman Donaire and James Tautaiolefua who jumped like kangaroos to score valuable intercepts for the student team but they were no match against the staff secret weapons of Mr Butler and Mr Bratic.

With very little of lunch left, the open girls tried their best to match skills with the staff with the final score being too close to call.

Games three, handball and four, volleyball will be played on the final Tuesday of school with the winner of the tournament to be engraved onto the annual winner's trophy!

*Mrs S. McMurdo
Home Economics Teacher
TAS Faculty*





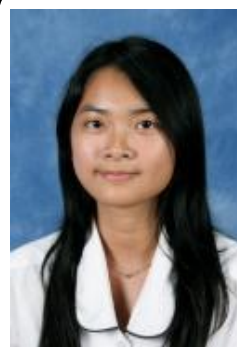
YEAR 11

STUDENT OF THE TERM – LEARNING

The category for Student of the Term for Year 11 is **LEARNING**. This has been awarded to Anh Nguyen. Anh is a diligent and conscientious learner who commits herself 100% every day in her class work and has shown excellence across all KLA's.



Anh
Nguyen



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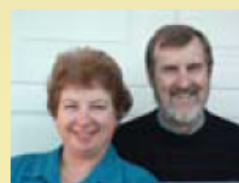
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SAY HI DAY

Social Inc. is an initiative run by Cerebral Palsy Alliance to actively include youth with disabilities. In term 1, students from both mainstream and the support unit attended the launch of Social Inc at Luna Park. The students were enthusiastic about running this program at Ingleburn High School. Students began to plan activities to take place on Say Hi Day on 26 November 2013. The aim of this day was to get all students and staff to Say Hi and build relationships across all year levels.

Activities that took place on the day consisted of:

- Wheel chair basketball (the aim of this activity was to allow students to understand what it would be like to be in a wheelchair).
- The PE faculty ran sports activities that catered for students with or without disabilities; these allowed mainstream students to gain an understanding what it would be like to have a disability.
- The Support unit organised a BBQ and invited staff and students to come over and Say Hi to students in the support unit and have a look around the new support classes.
- Senior students organised fun games at lunch time on the playground these consisted of crochet, bocce and volleyball.

The day was a fantastic success!

To see a short film and photos from the day head to the school's website.

Mr W. London
Support Unit Teacher

ANTI-RACISM – A MESSAGE FROM THE ARCO



Ingleburn High School has a strong commitment to Multicultural Education, Equity and Equality. These beliefs permeate all of our school policies including our Anti-Racism Policy, the Cultural Diversity and Community Relations Policy, Multicultural Education in Schools, the Aboriginal Education and Training Policy and the Complaints Handling Policy, amongst others. This ethos is embedded in our teaching practice and not only is it taught explicitly to students, but it also forms part of our expectations of the safe, respectful learners that attend Ingleburn High School.

Any member of the school community has the right to lodge a complaint and seek a favourable resolution if they have been the victim of racial vilification in the school context. The resolution of such complaints can be either formal or informal depending on the severity and frequency of the abuse. It is my duty as an Anti-Racism Contact Officer (ARCO) of Ingleburn High School to handle such complaints and to provide mediation, education and monitoring that leads to reduced recidivism of racial abuse in our school.

If any student experiences such vilification, they are encouraged to speak to their teacher and to see myself in the History, Languages and Music Faculty in B17. If you have any questions regarding our policies or the resolution process, please contact me through the school's front office.

Mr D. Levkovski
ARCO Representative

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STUDENT NOTEBOOK AND FOLDER REQUIREMENTS FOR 2014

It is expected that all students have a Homework Diary.

SUBJECT	YEAR 8	YEAR 9	YEAR 10
	2GB USB flash drive Memory for Years 8, 9 and 10		
CHILD CARE	—	1 × 240 A4 Exercise Book Coloured Pencils, Glue	1 × 240 A4 Exercise Book
COMMERCE	—	1 × 240 A4 Exercise Book	1 × 240 A4 Exercise Book
COMPUTING STUDIES	—	1 × 196 A4 Exercise Book 1 × 20 Sheet Display Folder	1 × 196 A4 Exercise Book 1 × 20 Sheet Display Folder
ENGLISH	1 × 290 A4 Exercise Book	1 × 290 A4 Exercise Book	1 × 290 A4 Exercise Book
FOOD TECHNOLOGY	—	1 × 240 A4 Exercise Book	1 × 240 A4 Exercise Book
GEOGRAPHY	1 × 240 A4 Exercise Book Coloured Pencils, Lead Pencil, Small Scissors, Glue Stick	1 × 240 A4 Exercise Book Coloured Pencils, Lead Pencil, Small Scissors, Glue Stick, Protractor	1 × 240 A4 Exercise Book Coloured Pencils, Lead Pencil, Small Scissors, Glue Stick, Protractor
HISTORY	1 × 196 A4 Exercise Book Coloured Pencils, Lead Pencil, Small Scissors, Glue Stick	1 × 196 A4 Exercise Book Coloured Pencils, Lead Pencil, Small Scissors, Glue Stick	1 × 196 A4 Exercise Book Coloured Pencils, Lead Pencil, Small Scissors, Glue Stick
HISTORY ELECTIVE	—	1 × 240 A4 Exercise Book Coloured Pencils, Lead Pencil, Small Scissors, Glue Stick	1 × 240 A4 Exercise Book Coloured Pencils, Lead Pencil, Small Scissors, Glue Stick
INDUSTRIAL TECHNOLOGY (METAL, TIMBER & MULTIMEDIA)	—	20 Sheet Display Folder 1 × 96 Notebook	20 Sheet Display Folder 1 × 96 Notebook
MATHEMATICS	1 × 240 Maths Grid Book Scientific Calculator, Pens, Pencils, Eraser, Geometry Set, Plastic Textbook Cover	1 × 240 Maths Grid Book Scientific Calculator, Pens, Pencils, Eraser, Geometry Set, Plastic Textbook Cover	1 × 240 Maths Grid Book Scientific Calculator, Pens, Pencils, Eraser, Geometry Set, Plastic Textbook Cover
MUSIC	1 × 96 A4 Music Book	1 × 96 A4 Music Book	1 × 96 A4 Music Book
PD/HEALTH/PE	1 × 96 A4 Exercise Book	1 × 96 A4 Exercise Book	1 × 96 A4 Exercise Book
SCIENCE	1 × 240 A4 Exercise Book	1 × 240 A4 Exercise Book	1 × 240 A4 Exercise Book
PHYSICAL ACTIVITY & SPORTS STUDIES (PASS)	—	1 × 96 A4 Exercise Book	1 × 96 A4 Exercise Book
TECHNOLOGY	1 × 52 A4 Exercise Book 1 × 20 Sheet Display Folder	—	—
VISUAL ARTS	1 × 50 A3 Sketch Book 6B, 4B, 2B Lead Drawing Apron , Pencils, Coloured Pencils, Glue Stick,	1 × 100 A3 Sketch Book 6B, 4B, 2B Lead Drawing Apron , Pencils, Coloured Pencils, Glue Stick,	1 × 100 A3 Sketch Book 6B, 4B, 2B Lead Drawing Apron , Pencils, Coloured Pencils, Glue Stick,
WORK EDUCATION	—	1 × 240 A4 Exercise Book Coloured Pencils, Lead Pencil, Small Scissors, Glue Stick	1 × 240 A4 Exercise Book Coloured Pencils, Lead Pencil, Small Scissors, Glue Stick

SUPPORT UNIT	7 × 180 A4 Exercise Books, 1 × 180 A4 Grid Book, 1 × 96 A4 Music Book, Coloured Pencils, Lead Pencil, Small Scissors, Glue Stick, 1 × 20 Sheet Display Folder
YEARS 11/12	English – 1 × 290 Exercise Book; Food Technology – Folder; Hospitality – Folder and Hospitality Uniform (purchased through school); Industrial Technology and Construction – Folder and 1 × 20 Sheet Display Folder; Mathematics – Grid Book; All other subjects – Folders with Loose Leaf Paper



PRESENTATION NIGHT 2013

SUPPORT UNIT

Excellence

Literacy	Natasha Francis
Numeracy	Anthony Ghuntos

Integrity

Literacy	Laura Muscat
Numeracy	Ben McDonald

Tolerance

Literacy	Heena Hanif
Numeracy	Aimee Nikolovski

Support Unit Citizenship Award

Rhiannon McDonald

YEAR 7

7V Encouragement Award	Erin Dunshea
7I Encouragement Award	Rachel Arthur
7R Encouragement Award	Thomas Holyday
7E Encouragement Award	Jenah Sullivan

YEAR 8

8V Encouragement Award	Ayjah-Mei Madar
8I Encouragement Award	Rachelle Lay
8R Encouragement Award	Simon Thai
8T Encouragement Award	Sarah Stack
8E Encouragement Award	George Mandanis

YEAR 9

First in Child Studies	Kristine Narayan
First in Food Technology	Melissa Torrefranca
First in IST	Sergio Mercado Ruiz
First in Mathematics 5.1	Prinscilla Brayie-Kwarteng
First in Mathematics 5.2	Luke Santich
First in Music	Kieran Bryant
First in PASS	Lachlan Chau
First in Visual Arts	Danni-Elle Takacs

First in Industrial Technology – Metal

First in Industrial Technology – Timber

Scott Fleetwood

Equal First in Geography	
First in History	
First in History Elective	
First in Industrial Technology – Multimedia	
First in Mathematics 5.3	
Equal First in Science	Shivneet Kumar

First in Commerce	
First in Design and Technology	
First in English	
Equal First in Geography	
First in PDHPE	
Equal First in Science	
First in Work Education	Ashika Jagdish

YEAR 10

Equal First in Commerce	Kelsy Mautofu
First in Industrial Technology – Metal	Shaun Thompson

First in Industrial Technology –
Multimedia

Matthew Dean

Equal First in Mathematics 5.1

Sean Collis

Equal First in Mathematics 5.1

Brandon Targett

First in Mathematics 5.2

Brandon Marshall

Equal First in PASS

Mitchell Purches-Schauer

Equal First in PASS

Jayde Lofty

First in Work Education

Sosan Rahmani

First in Music

First in Science

Alana White

First in English

Equal First in History Elective

Courtney Chapman

First in Industrial Technology – Timber

First in Information and Software
Technology

Tyler Jenkins

First in Geography

First in Mathematics 5.3

Equal First in Visual Arts

Yajin Hah

First in Food Technology

First in History

Equal First in History Elective

Eleni Voudouris

First in Child Studies

Equal First in Commerce

First in PDHPE

Equal First in Visual Arts

Lana Kraichuk

YEAR 11

First in Business Services

Eman Donaire

First in Community and Family Studies

Kirsten Roberts

First in English Extension 1

Georgia Fait-Jaboult

First in English Standard

Daljeet Kang

First in English Studies

Daniel Wynne

Equal First in Hospitality

Laura Zucchetto

First in Industrial Technology – Timber

Stacey Courtnage

First in Photography

Kristofer Newington

First in Retail Services

De'Andre Maiava

First in Senior Science

Jenelle Alcantara

First in Society and Culture

Nabeela Styer

First in Sports Coaching

Ameer Styer

First in Visual Arts

Alysha Wallace

First in Visual Design

Nicole Bush

First in English as a Second Language (ESL)

Equal First in Hospitality

Anh Nguyen

First in Biology

First in Music

Vickie Ren

First in General Mathematics

First in Modern History

Taryn Marshall



YEAR 11 (Cont'd)

First in Chemistry
First in Food Technology Sarah Liew

First in Business Studies
First in Geography Sadia Naqvi

First in Ancient History
First in Economics
First in English Advanced
First in Legal Studies
First in Mathematics
First in Mathematics Extension 1
First in PDHPE Emma Isaacson

SPECIAL AWARDS School Service Awards (School Captains 2013)

Robert Fisk
Megan Hounslow

Readers of the Year

(Awarded by the Librarian for the
most prolific reader)

Erin Dunshea
Grace Ford
Drew Brown
Angelique Cam
Clarissa Tema

School Service Awards (‘Roadie Crew’)

Nathan Abbott
Liam Barry
Nicole Bush
Jack Cross
Kurt Fulcher
Dylan Hudson
Tyler Jenkins
Brendan McGuire
Manisha Prasad
Brady Tasker
Raymond Ugapo

School Service Awards (Volunteer Work)

Nash Courtnage
Bryce Courtnage
Stacey Courtnage
Elyse Roberts
Tim Atkinson

The Pat Meza History Award

(This award remembers Pat Meza, a caring and
dedicated teacher at Ingleburn High School with a
passion for History and reading)

Lana Kraichuk

Parent/Community Award for Service to the School

(‘Multi-Lit’ Program & Gardening Volunteer)
(These parents volunteer their time each morning
to support Year 7 and 8 students in their reading)

Chris Fulwood
Nicola McDermott
Elizabeth Moore
Richard Moore
Denise Powers
Robyn Winsor
Sera Mustafa
Betty Thompson

Recognition Awards

(In recognition of the valuable contribution made to
supporting students of Ingleburn High School)

Ability Options Afford
MTC Nova Employment
Youth Connections YWCA

Poly Group Mentors

(In appreciation for all their hard work volunteering
as mentors for our students, helping students with
their school work and coordinating all of the Poly
Group cultural events in 2013)

Tim Time

School Service Award (Junior Citizenship)

(This award is given to a junior student who has
shown outstanding service to the school and who
has represented the school in events in the
community)

Tyler Jenkins

Dumaresq Street Cinema Award

(This award usually goes to students who work
hard
to better themselves academically)

Anh Phuong Nguyen Le
Grace Ford

The Birrung Award

(Birrung is the Tharawal (local Aboriginal language)
word for star. This is awarded to an Aboriginal
student who has made significant progress and/or
contributions to the school and community)

Jarred Murphy

Avondale Scholarship Award

(The recipient gains a scholarship to study at
Avondale College and was selected based upon
interview)

Lydie Vitiello-Rore



Australian Defence Forces Long Tan Leadership and Teamwork Award

(This award acknowledges the achievement of young people who have demonstrated outstanding qualities in leadership and teamwork within the school and in the wider community)

Jessica Roberts
Blaik Noppert

University of Western Sydney Outstanding Year 11 Student

(This student is chosen on academic achievement in conjunction with dedication to research and the application of thought to issues)

Emma Isaacson

The Victor Chang Science Award (Outstanding Effort in Science)

Rhonda Tran

DUX AWARDS

YEAR 9 Ashika Jagdish

YEAR 10 Lana Kraichuk

YEAR 11 Emma Isaacson



Go4Fun healthy kids program

swslhd.nsw.gov.au/GO4FUN

- FREE program for kids 7-13 above healthy weight and their families
- Fun games and activities to boost family physical activity
- Learning healthy eating and good food choices
- After school during term in many areas across NSW
- Be a 'food detective' at the fun supermarket tour
- Families encouraged to register and get involved!



Go4Fun info for families



Referral form for health professionals

Go4Fun in south west Sydney Term 1 2014

Airds – Airds Bradbury Central
52 Riverside Drive Airds 2560
Days and times to be confirmed

Bankstown – Bankstown PCYC
Cnr Meredith St & French Ave, Bankstown 2200
Wednesdays 4:30pm – 6:30pm

Bowral – Highlands Family Centre
2 Holmhale St, Bowral, 2567
Wednesdays 4:00pm – 6:00pm

Campbelltown – Aquafit Fitness and Leisure
Old Menangle Road Campbelltown 2560
Thursdays 4:00pm – 6:00pm

Fairfield – Cabravale Leisure Centre
30 Broomfield St Cabravale NSW 2166
Wednesdays 5:00pm – 7:00pm

Liverpool – Liverpool West Public School
79-81 Hoxton Park Road Liverpool 2170
Mondays & Thursdays 4:30pm – 6:30pm

Minto – Minto Indoor Sports Centre
9 Redfern Rd Minto NSW 2566
Mondays and Thursdays 4:00pm – 6:00pm

Wollondilly – Tahmoor Public School
Bronze Wing St, Tahmoor 2573
Tuesdays and Thursdays 4:00pm – 6:00pm

Villawood – Wran Leisure Centre
Gundaroo St, Villawood NSW 2163
Tuesday ONLY group 4:00pm – 6:00pm
Saturday ONLY group #1 10:00am – 12:00pm
Saturday ONLY group #2 1:00pm – 3:00pm

REGISTER NOW | 1800 780 900 | SMS 0409 745 645
GO4FUN@sswahs.nsw.gov.au | swslhd.nsw.gov.au/GO4FUN

12-18 YEARS

WOLLONGONG

BEACH BUS

21 DEC 2013 - 23 JAN 2014

BUSWAYS ROUTE 887	WEEKDAYS	SATURDAY	SUNDAY / PUBLIC HOLIDAYS
Departs Campbelltown train station	7:10am 8:10am 9:06am	9:06am	9:06am
Church & Kennedy Streets, Appin	7:39am 8:39am 9:39am	9:39am	9:39am
Arrives at Wollongong North Beach	8:19am 9:19am 10:19am	10:19am	10:19am
Departs Wollongong North Beach	3:40pm 4:45pm 5:40pm	5:40pm	5:40pm
Church & Illawarra Streets, Appin	4:13pm 5:18pm 6:13pm	6:13pm	6:13pm
Arrives at Campbelltown train station	4:48pm 5:53pm 6:48pm	6:44pm	6:44pm

BEACH BUS INFO:

- You may take surf equipment on the bus, but are asked to do so in a safe and suitable manner. It is your responsibility to look after your own equipment.
- This is a public bus service and you must ensure you behave appropriately at all times.
- If you have any questions about the timetable, please contact Busways on 4625 8922 between 7:30am and 5:30pm, or email info@busways.com.au

PLAN YOUR TRIP

The bus space is limited and we recommend catching the earliest bus possible so you don't miss a tide home

PLEASE NOTE!

For free tickets:
You must be aged between 12 to 18 years and work, live or study in the Camden or Campbelltown Local Government Areas.
If you are under 18 years of age, you must complete a parental consent form, available from your local Council, which must be presented upon collection of your tickets.

For more information, contact your local Council.

For more information:

Campbelltown City Council
4645 8835
youth2@campbelltown.nsw.gov.au
campbelltown.nsw.gov.au

Camden Council
4645 5021
youth@camden.nsw.gov.au
camden.nsw.gov.au



CAMPBELLTOWN TERM 1, 2014

ROLLERCOASTERS 9-12 years

An 8 week program developed to assist children who are experiencing parental separation, divorce, or parents who have re-partnered. Rollercoaster helps children to understand change and loss; develop strategies for anger management and problem solving; and understand a whole range of feelings and emotions.

CatholicCare, 35a Cordeaux St, **Campbelltown**
8 Monday Afternoons 4pm - 5pm
3, 10, 17, 24 February, 3, 10, 17 & 24 March

Workshop Fee: \$10 per session/family

GRASSROOTS PARENTING

This program, for parents of children 0-8 covers child development, behaviour and management of, safety, play and nurturing the whole family. Each of the 5 sessions is self contained. Pick which sessions you wish to attend.

Babies 0 - 12 mths - 7 February

Child development, crying, settling ideas, routine, safety, play and interaction

Toddlers 1 - 2 yrs - 14 February

Child development, meeting toddlers needs, tantrums, safety and play

Pre-Schoolers 3 - 5 yrs - 21 February

Child development, behaviour and management of routine, rules and boundaries, safety and play

School Aged Children 5 - 8 yrs - 28 February

Child development, discipline, consequences, communication, negotiating, safety and play

Nurturing the Whole Family - 7 March

Self esteem, family resilience, assertiveness and nutrition

CatholicCare, 35a Cordeaux St, **Campbelltown**

5 Friday Mornings 10:30am - 12:30pm

Workshop Fee: \$10 per session

123 MAGIC & EMOTION COACHING

This time tested workshop provides easy to follow steps for disciplining children aged 2-12 years without yelling, arguing or hitting.

CatholicCare, 35a Cordeaux St, **Campbelltown**
3 Tuesday Mornings 10am-12:30pm
18, 25 March & 1 April

Workshop Fee: \$10 per session

LIFT

A group for men and women who may be feeling overwhelmed or experiencing high levels of stress and anxiety. Participants are able to explore feelings in a safe and friendly environment, challenging negative thinking patterns and discover how to build and improve relationships.

CatholicCare, 35a Cordeaux Street, **Campbelltown**
5 Friday Mornings 10am - 12:30pm
14, 21, 28 March, 4 & 11 April

Workshop Fee: \$20 per session

MY KIDS AND ME

A workshop for parents who have had children removed from their care. Assists participants to identify parenting skills, strengths and resources to develop relationships with their children.

Claymore Community Centre, **Claymore**
Cnr Gould & Dobell Rds
7 Thursday Mornings 10am - 12:30pm
20, 27 February, 6, 13, 20, 27 March & 3 April

No Fee

KEEPING KIDS IN MIND

A post-separation parenting workshop. Learn how to deal more effectively with the emotional and practical issues of parenting after separation. Explores loss and grief in parents and children, power grabs and impact on children.

CatholicCare, 35a Cordeaux Street, **Campbelltown**
5 Monday Mornings 10am - 12:30pm
10, 17, 24 February, 3 & 10 March

OR

5 Thursday Evenings 6:30pm - 9pm
27 February, 6, 13, 20 & 27 March

Workshop Fee: \$20 per session

NOURISH

A support group for women and men with eating and/or body image concerns. It is recovery focused and is open to any person experiencing eating or body image related issues. Support group members may or may not have a diagnosis of an eating disorder.

CatholicCare, 35a Cordeaux St, **Campbelltown**
Every 2nd Wednesday evening of the month 7pm - 8:30pm
8th January, 12 February, 12 March & 9th April

Workshop Fee: No Fee

WORKSHOP BOOKINGS

Campbelltown	4628 0044
Wollongong	4227 1122
Nowra	4421 8248

Other workshops may be available on request.
Limited childcare may be available for some workshops



CatholicCARE
hope begins with us

Concessions may apply dependent on financial circumstances

