

Erina News



Erina High

Issue 8

20 August 2012

The term is well underway with school life as busy as ever with the main game being focused on teaching and learning. All students are expected to be in class on task and working towards their personal best. As staff commence the semester two assessment and reporting process it is essential that all students complete all tasks to maximise their marks. All class placements for 2013 will be determined by performance in the semester two reports. A position in an A stream class is not always guaranteed if students are not working to capacity or at a competitive rate.

Welcome back to year 11 students after a great 2 days at camp to complete the mandatory Crossroads program. All reports were glowing as to the care and courtesy our students displayed towards each other, and all staff. Congratulations to Ms Williams for her exceptional organisation and to Mr Sweeney, Mr Pickett, Mrs Chand, Ms Duff and Mr Bath for supporting our students at camp. A great team effort!

The Erina Learning Community proudly launched Education week 2012 at Erina Fair through a fabulous presentation of talent and quality workmanship. Our School Captains co-hosted the combined performance with our partner primary schools showcasing our dance, drama and musical talent. Along the boardwalk outside Go Lo was a static display of Artworks, Textile projects, Science, History and English work samples. Our hospitality students demonstrated their skill in food preparation while our Vice Captains conducted story telling sessions with little ones. It was a fine exhibition of public education doing what it does best - supporting the learning and talent of our young people. Congratulations to all Primary Principals on their collective organisational skills and to Mr Jackson for leading the Erina team.

Year 10 are currently working through the subject selection process for the senior school and gaining information related to courses and requirements. This can be a daunting process with the broad range of courses and patterns of study available. I would like to acknowledge the exceptional work of Mr Bath, Mrs Pursehouse and Mrs Smith in guiding our students in making informed choices for their education next year. Please do not hesitate to contact staff if you have any further questions or support that may be needed related to senior schooling in 2013.

In a recent article I came across commissioned by NSW Centre for Public Health titled Soft Drinks, Weight Status and Health I was alarmed to read about the negative effects on health in consuming soft drinks and in particular caffeine based energy drinks. The amount of carbohydrate present in energy drinks (e.g. 10–12 per cent) is similar to soft drinks. Following is a table that summarises the implications of excessive consumption of soft drinks:

School Events

23 August
Year 7
Scripture

27 August
Drama HSC
Parent Night

28 August
Year 8 Textiles
GATS Day

29 August
Year 8-9
Subject
Selection
evening

30 August
Year 10
Scripture

5 September
Assembly of
Excellence

10-21
September
Year 11 Exams

19 September
P&C Meeting

- Displacement of healthier foods from the diet leading to poorer diet quality
- Dental caries and dental erosion
- Bone fractures, low bone density, osteoporosis, hypocalcemia
- **Disturbed sleep patterns, bedwetting and anxiety (younger children)***
- **Headache, fatigue, decreased alertness, depressed mood and irritability***
- Chronic disease including metabolic syndrome, high blood pressure
- Possible adverse effects due to Benzene

****caffeine-containing soft drinks***

With a growing number of our students bringing these energy drinks to school to consume I am concerned about the long term affect on their health. The major constituent of energy drinks are sugar and caffeine or guarana (which contains caffeine). The major concern about energy drinks arises from their caffeine content. In general a 237 ml can of energy drink contains at least 80 mg of caffeine, with some drink sizes containing more than 300 mg. It has been reported that over-consumption of these energy drinks may even lead to death in certain circumstances. Schools have a responsibility to ensure the wellbeing and safety of all students and it is for this reason that students at EHS **are discouraged to bring and consume any energy drink to School**. I am seeking support from parents and carers to also support the school with preventing their children from bringing these energy drinks to school in the interest of student health and wellbeing.

Yours Sincerely,

Mrs Karen Nicol
Principal

YEAR 12 WORKSHOPS

<u>Dates</u>	<u>WORKSHOPS</u>	<u>Delivered by</u>	<u>Room</u>
Monday Week A PERIOD 5			
27 th August	9. Girls/Peer Pressure and Study.	Mrs. Braun/Mr. Bath	D7

P&C MEETINGS

P&C Meetings are held on the third Wednesday of each month. The meetings are held in the Staff Common Room starting at 6.30pm. A warm welcome is extended to all families within the school community to attend the meetings. The next P&C Meeting will be held on **Wednesday, 19 September 2012**.

SPORTS NEWS

TOUCH FOOTBALL

Early in term 3 we had four teams represent Erina High School in the school's year 7/8 Central Coast Touch Football tournament held at Adcock Park, Gosford. All our teams performed very well with our year 8 boys just missing out on the finals. The players had to deal with some very cold and windy conditions but still displayed some excellent Touch skills. Well done to all students involved.



STATE HIGH JUMP

Well done to **Andrew Partridge of year 12**. Andrew finished 2nd at the zone athletics carnival with a great jump of 1.81m. Andrew then represented Brisbane Water Zone at Homebush and also came 2nd with a jump of 1.82m. Andrew will now compete in the NSW state carnival next month. He has been hard at work training with Mr Dodd at Mingara athletics track. Good luck Andrew.



GYMNASTICS



Congratulations to **Amelia and Harley Lynch** who recently competed in the NSW CHS Gymnastics competition. Amelia who is 15, competed in the open girls level 1 division and finished 1st in Bar and 2nd Overall, which included her results from Bar, Beam, Floor and Vault.



Harley who is also 15, competed in the open boys level 6 division in which he has to create his own routines. Harley performed very well in his 6 apparatus and helped his team (Sydney North) to

win first overall at this state wide competition. Well done to both of these amazingly talented individuals.

HOUSE POINTS

The points in our Sports House competition currently stand at:

Bean: 380

Dunlop: 327

Henderson: 322

Kendall: 271

Mr Keyes - Sports Organiser

SUBJECT SELECTION EVENING FOR YEAR 9 – 2013 WEDNESDAY 29TH AUGUST 2012

Dear Parents and Caregivers,

Erina High School extends an invitation to all parents, caregivers and students in Year 8 to attend our Year 9 Subject Selection Evening. The evening is designed to provide information on subject availability and guide students and their families in appropriate subject selection for Year 9 in 2013.

Date: Wednesday, 29 August 2013

Time: 6pm – 8pm

Venue: Erina High School MPC

SOCIAL SCIENCES

The Social Sciences faculty would like to congratulate the Year 12 Society and Culture students for the completion of their Personal Interest Projects. These projects have been sent off to the Board of Studies for marking and will account for forty percent of each student's HSC result. Ms Whitfield is particularly pleased with the genuine effort made by the students and the efficiency they demonstrated in submitting them on the due date by the specified time. Students in Legal Studies and Business Studies are in the process of completing their final HSC assessment tasks while students in Business Services (VET) are busy finalising their competencies toward the achievement of Certificate II in Business Services.

Other year groups are busy completing class work and assessment tasks toward their semester 2 grades. Year 10 have recently completed a report writing task on Waste Management, while Year 9 students are preparing for the Environments at Risk test 2 and the subsequent common test a fortnight later. Year 7 and 8 assessment items are being completed on a per class basis as they progress through their courses.

Hoping that all students achieve well toward their potential.

J Shadbolt, Head Teacher Social Sciences

“TOURNAMENT OF MINDS” Team 2012 (Gifted and Talented Students Program)

The following students comprise our school's team for Tournament of Minds this year. All these students have been working on the Language/Literature challenge for the past several weeks. They are doing a brilliant job at creating a performance to respond to the challenge this year. These students will be performing at P.L.C. campus Sydney on 26th August and we wish them all the best for their efforts.

Year Seven

Luka Radovanovic
India Jacobs
Charmaine Nyathi
Sophie Ware



Year Nine

Emily Dick
Cara Smith



Thank you for supporting these students in this activity.

P Mottershead

YEAR 11 CROSSROADS CAMP THURSDAY 9TH-FRIDAY 10TH AUGUST 2012

This year the Crossroads course was delivered as a 2 day residential overnight camp at Active Outdoor Education Wyee/Morisset Centre. Conducting a residential program for Crossroads is a great way to empower students to challenge their beliefs and values away from the family and school environment, have maximum saturation of the subject matter and create an atmosphere where the genuine issues of the students can be discussed.

A great time was had by all and the students conducted themselves with maturity, co-operation and courtesy at all times and are to be commended for their fine representation of EHS.

The Outdoor activities that were successfully attempted by staff and 112 students included canoeing, flying fox, giant swing, high ropes course and initiative games. These activities further strengthened achievement of the course outcomes of decision-making, communication and risk minimisation.

Crossroads aims to support senior students as they address issues related to identity, independence and changing responsibilities. Adolescence is marked by increased exposure to a range of risks to health and well-being, including mental health problems, death or injury, exposure to drugs and problem solving. The way in which adolescents cope with these issues can have a significant impact on their future.

Students who did not attend Crossroads Camp are reminded that the completion of their booklets is mandatory for signing off of the course - without this sign off Year 11 Preliminary requirements cannot be met.

P Williams, Head Teacher PDHPE (Relieving)





ENGLISH/DRAMA FACULTY

HSC ENGLISH

Term 3 is a very busy one for staff and students. HSC students are nearing their external examinations after completing their Trial HSC. With results handed back, students must now look towards developing a regular study pattern, creating summaries of texts and modules studied and completing past HSC examination questions. It is especially important that students attend all lessons before the end of term as revision will begin soon. Asking questions will also allow for clarification of the concepts taught within class.

Thanks go to ALL HSC teachers for their efforts with this group over the last two years.

HSC DRAMA

GOOD LUCK TO OUR DRAMA STUDENTS!!

In two weeks the Year 12 Drama students will hold their annual performance night. Supported by parents, peers, ex-students and staff, the group will create a night to be remembered. This night is a dress rehearsal for the actual HSC performance examination which will take place on Tuesday and Wednesday of Week 7.

Thanks go to Mrs Braun and Ms Kearney for their enthusiasm and dedication to these students and to Ms Johnson for helping with the marking process. Their insights into HSC Performance will ensure that these students are ready to perform their individual and group pieces. In particular, Mrs Braun and Ms Kearney have guided these students during and after class and the results of their hard work will be evident on the performance night.

A fantastic job done by the Drama teachers. Well done.

PROBUS SHIELD

Lead by our debating coach Mr Paul White, the Erina High Senior Debating Team, consisting of Leigh Hughes, Charlotte Levi, Zoe Littlewood and Alicia Scott, will begin our defence of the Probus Shield. Our first debate will be against Kincumber High School. Over the past week our team has been preparing their argument that "greed is good" in a bid to defeat Kincumber High and continue our excellent tradition in this competition.

Good luck.

JUNIOR SCHOOL

Students in years 7 to 10 have just completed an assessment task and are beginning an Area of Study module. This study will continue until term 4 and then students will complete an essay before yearly reports are written.

If you have any questions regarding your son / daughter please contact the English / Drama Faculty on 43 677 353.

Mark Chapman
Head Teacher English

CAPA NEWSLETTER

Chertsey Performance

Congratulations to Katherine Fletcher, Veronica Lawson, Olivia Andrews and Max Stuart for their beautiful performances at Chertsey Primary school during education week. Also, huge thanks to Mrs Broadley for organising, rehearsing and supervising the students.

Tom Beasley

Congratulations to Thomas Beasley for his many successes in Music over recent weeks. Thomas performed at the Entertainment Centre at the Talent Development Project graduation with some of the best Music students across the state. In the holidays, he has been recording with John Forman the famous Musical Director and Young Talent Time TV personality. Thomas is also recording this Tuesday at Fox studio and we wish him all the best.

HSC Practical Exams and works

Congratulations the year 12 Visual Arts students for their fabulous "BOW's" (Body of Work) submitted for the HSC. The works will be marked in the coming weeks and we wish the students all the best.

Best wishes to the Drama students who will present their HSC Drama Monologues and Group works for the examiners on the 28th & 29th of August. Also, to the Music students who will perform for the HSC examiners on the 13th and 14th of September. "Break a leg" kids.

Supporting Performing Arts students through the HSC Practical exams

The HSC is a fabulous way to showcase the culmination of many years of learning and hard work in the Creative and Performing Arts. Unfortunately it is also a 'stressy' time for some students. A helpful hint is to let your child know how much you love hearing them play/sing/ rehearse because for many their HSC is their last ever performance for an audience. Enjoy every minute of their rehearsing at home.

Year 12 Drama Night

The year 12 Drama parent night is on Monday the 27th of August at 6.30pm in the drama room. A gold coin donation is encouraged so please come along and enjoy the student performances.

Conseravatorium Jazz Band Performance

During Education week the Erina High School Music students were lucky enough to hear a performance by the Conservatorium Jazz ensemble. The students loved listening to Jazz performances featuring standards by composers such as Herbie Hancock and John Coltrane. The Jazz ensemble featured performances from the teachers from the Conservatorium and were well received by the students. The Conservatorium offers Tuition to students - see page 10 for information.

Legally Blonde - The Musical

Tickets are still available through the school for the 1pm matinee session of Legally Blonde - The Musical on 7 November 2012. The cost is \$80 and includes return coach travel to and from the school. Information and permission slips are available from the music department.

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GOSFORD ATHLETICS

LITTLE

will be having their Registration Days for 2012/2013 on Friday 14 September and Friday 21 September between 6pm-8pm at Adcock Park, West Gosford. Further information is available on the website:

www.gosfordlittleathletics.com.au or contact Stuart Farrant, President, on 0404 466 848

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HELP FIND A CURE FOR TYPE 1 DIABETES

JOIN US AT OUR FUNDRAISER AT DAVISTOWN RSL ON
8TH SEPTEMBER- 6.30PM-11.15PM

AUCTION/RAFFLE/GAMES AND A BAND FOR A FUN
NIGHT TO BE HAD BY ALL

PRIZES DONATED BY BUSINESSES FROM DAVISTOWN,
SARATOGA, KINCUMBER, EAST GOSFORD, AVOCA,
TERRIGAL AND ERINA and also FURTHER AFIELD.

TICKETS : \$45-, INCLUDES A MEAL. TABLES OF 10
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PLEASE CONTACT MARG OR NOEL FOR TICKETS
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TO FINALISE NUMBERS.

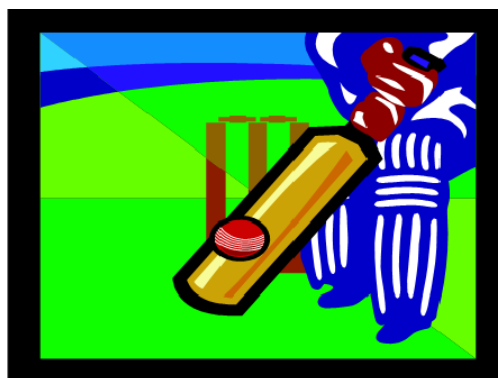


Kincumber-AvoCa Junior Cricket

Registration days will be held at Erina Leagues Club on Thursday August 23 from 5.30pm-7.30pm and Sunday August 26, 10.30am-12.30pm. For more information contact Rod Ursem on: 0425 210 570 or rodursem@hotmail.com

Gosford Junior Cricket

Registration days will be held on Saturday 25 August from 9am-1pm at Fagan Park, Point Clare and Saturday 1 September from 9am-1pm at Bendigo Bank East Gosford. For more information contact Simon on 0417 432 868 or Tim on 0409306186 or email tandjshelley@bigpond.com



FREE STREET HIP HOP DANCE CLASSES

GREAT NEWS!!! FREE HIP HOP DANCE CLASSES NOW at ERINA! All students welcome beginner to advanced. Street Dreams are running free dance classes at the Salvation Army Erina, 4pm – 5pm **120 The Entrance Road, Erina**. Classes were piloted by Justice Crew who ended up winning Australia’s Got Talent, so get your groove on and get inspired - go to www.streetdreams.info to register your interest TODAY! HURRY places are limited and classes fill up FAST!



Erina High School

A caring community committed to excellence in education

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ELC - THE ERINA LEARNING COMMUNITY Partners in Learning

Six government schools are aligning academic and other programs to ensure their two and a half thousand students have the best possible educational opportunities in the Erina area.

The partnership allows each school to keep its close relationship with its local community while using the strength of numbers to share resources, knowledge and expertise. The new partnership involves Erina High School and Brisbania, Chertsey, Gosford East, Holgate and Woodport Public Schools.

Erina Learning Community spokesperson Mr Michael Burgess says the new partnership will produce benefits for students, staff and the local communities.

“We are very excited about the opportunities that have opened up through combining expertise, resources and programs” said Mr Burgess. “The partnership is already producing improved learning outcomes with results in mathematics improving across the community of schools following recent combined professional development activities. Parents and students can also expect to see a more seamless education pathway from kindergarten to Year 12.”

On Monday, 30th July 2012 Erina Learning Community was “On Show” at Erina Fair Shopping Centre. There were performances, displays and information about the schools in the ELC. The children were involved in dancing, singing, performing with a musical instrument, food preparation demonstrations, face painting, robotics demonstration, story reading and craft activities.



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