

Erina News



Erina High

Issue 9

8th September 2014

School Events

9th September
YR 7/8 Oztag

10th-19th Sept
YR 11 Exams

10th September
YR 10 Drama
Excursion

19th September
YR 12
Presentation
Assembly &
Last day of
Term 3

22/09—6/10
School
Holidays

7th October
School
resumes

What a great day of celebration last Saturday when we celebrated 50 proud years of education at Erina High School, despite the rain, the parade still went on. I extend my sincere thanks and appreciation to the many people who helped make it such a success. With over 200 people through our doors it was a fabulous day and 166 people attending our dinner celebration. It was a chance to join the past with the present and showcase the endless talent at Erina that exemplifies the extraordinary teaching and learning that has happened each day over the past 50 years, and continues to happen today. To the staff at Erina, I offer my deepest gratitude for their hard work and support, without them the day would not have been such a success. To the many students who participated, presented, performed or simply attended to show their support, I am truly thankful. Many thanks also to our P&C who raised money for our school through their raffle, with prizes kindly donated from our local community. My sincere thanks to the following businesses, our gratitude is enormous.

Harris Farm Erina
Peters Meats Erina
Darrons Seafood
Caesars Coffee & Fine Food
Erina Ice Arena
Hoyts Erina
Judy Dowd's Hair Studio
Boydita Flowers Delivered
Florida Beach Bar- Crowne Plaza
David's Chinese Take Away
Latitude 33 Gosford Sailing Club
Bunnings

I would also like to acknowledge the class of 2009 who donated their time and expertise to challenge the class of 2014 to an Oztag match. It was a great game but the class of 2014 were the winners!! Either way Erina was triumphant!! Congratulations to all the students involved and to a great referee Mr Keyes. It is important to recognise the many past staff, students and parents who attended our celebrations thoroughly enjoyed catching up with old friends and reminiscing of their time at Erina High School. They walked away feeling ever so proud of being associated with Erina High School, melding the past with the present and paving the way for the future of Erina. A huge round of applause for everyone, go team Erina!!! Check out our Facebook page for great photos of the day.



Huge congratulations to April Thomson, Leticia Lihu, Ainslea White and Nischela McDonnell, triumphant winners of the Probus Debating Shield last week. We are so proud of their success and extend our thanks to Mrs Serrano for all of her support and guidance in training the girls. Well done Erina!! Go public education!!!



As the term comes to an end I would like to wish our 2014 year 12 students all the very best of luck for the upcoming HSC exams. They have worked incredibly hard and after 13 years of education they will soon sit their final exams. On behalf of the school community I wish them every success, both now and in the future. I am sure they will always be proud to have been a student at Erina High School. Our year 11 students commence their preliminary exams this week and I also wish them the best of luck as they complete this stage of the senior school and gear up ready to commence the HSC course early next term.

To all of our staff and students I wish you all a safe and happy spring vacation, fingers crossed for some fine weather. Be safe and take care of one another and thank you all for a great term.

School resumes on Tuesday October 7 2014, for all staff and students. There is no School Development day on the first day back, it is held at the end of the term. Enjoy the break!!

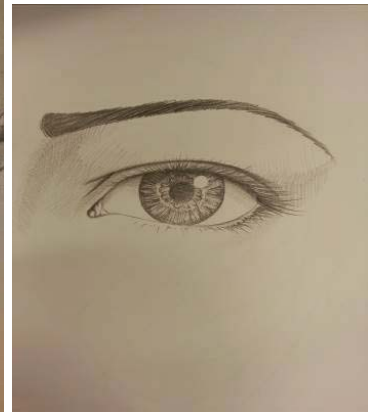
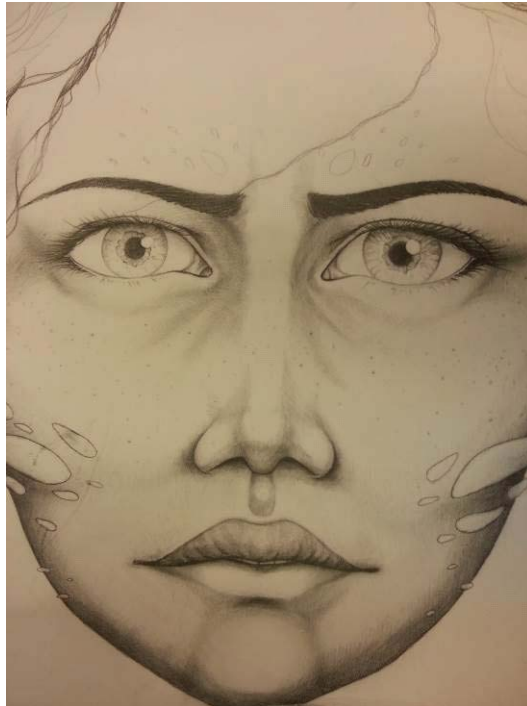
Karen Nicol
Principal

Year Twelve Artworks 2014

This year we have some phenomenal examples of artwork produced by our Year 12 Visual Arts students. Our students have worked extremely hard to create fantastic Bodies of Work over the past twelve months.

Some of the most outstanding works have been produced by Zara Pilarski, Jade Atchison, Austin Jones and Levi King. Students in the class who have also produced amazing work have been Maddy Byrne, Jacqui Castles, Morgan Davies, Marnie Kelly, Sam Littlechild and Natasa Marinkovic. Everyone worked diligently to reflect the issues which were important to these students. Congratulations should go to all these students.

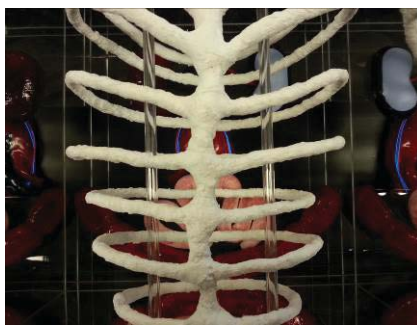
Peter Mottershead
Year 12 Visual Arts Teacher



Jade Atchison



Maddy Byrne



Zara Pilarski



Levi King



Austin Jones

SPORT

Year 7/8 Basketball

Congratulations to the Year 8 boys basketball team who competed in the Graham Brown Memorial Basketball Challenge last Friday 29th August. Coached by Mr Saisell the boys played four hard fought games with vast improvements demonstrated throughout, finishing with a loss to Gorokan High by a single basket. The Most Valuable Player (MVP) award was shared by Declan Kennedy who was team captain and paced the team in scoring, and Lachlan Bathis who turned excellent defensive rotations into key block shots. Other team members Saige Jacobs, Dylan Hall, Jack Ogle and Chad Coffey are also to be commended for their efforts and unselfish team play.



Central Coast All Schools Oz Tag Gala Day – Opens Male and Female

On Wednesday 3/09/14, both the Open Male and Open Female Oz-tag teams headed to Woongarrah Sporting Complex to play in one of the biggest and most prestigious Oz-tag events, the Central Coast All Schools Oz Tag Gala Day. Due to the weather, the junior divisions had their day postponed, but it was all go for the opens! When the teams arrived at Woongarrah Sporting Complex, you would have thought it wasn't the early stages of spring, but something closer to an arctic snow storm. Throughout the day the wind was blowing strongly, the temperature was cold enough to keep an ice-block frozen, and if that wasn't enough, small amounts of rain dropped throughout the day, making some sections of the fields very slippery. Through these challenges the teams played and at no stage did any member of the Erina High School teams back down.

The Open Female team started the day with a win against Wadalba High School. The girls then played Kincumber High, Lake Munmorah and Lisarow High Schools. From these games the girls came away with a solid win and two close losses, but the teams for and against points were enough to secure them a start in the quarter finals.

The first round for the Erina High School Open Male team started against Wyong High School. The boys were electric from start to finish, putting on a spectacular showcase of Oz-tag football. They continued this form throughout the day, winning against Lake Munmorah, Narara Valley High and a tough Gorokan High School. The dominating victories from these games also allowed the Erina High School boys to progress to the quarter finals.

The Erina High girls played their quarter finals against a strong St Joseph's team, but could not topple the team that would eventually take out the day. Straight after the girls quarter final it was time for the boys to play against Gorokan High School, in what was to be the closest game of the day. Gorokan scored early and held the lead for the first half of the game, but this lead was soon captured with the Erina High boys holding solid defence and increasing the intensity of their attack. With minutes to go in the game Gorokan scored to level the game, and ultimately progress to the semi-finals on a count back.

Although the major victories eluded Erina High both teams showed fantastic skills and abilities, strong camaraderie and superb sportsmanship on and off the field. A big thankyou to both teams for the support they showed each other and to Miss Maguire for her helping hand on the day.

Central Coast All Schools Oz Tag Gala Day – Opens Male and Female

Open Female Team : Emily Campbell, Amanda Hutchison, Demi Prentice, Caitlin Swithenbank, Helaina Wellington, Jasmine White, Serene White, Emma Lowe, Kahli Woodley



Open Male Team: Bradley Deegan, Jameson Flynn, Bayley Hoffman, Ethan Brown, Matthew Downey, Samuel Evans, Eric Furlonger, Dylan Harper, Alex Konemann, Tom Mumford, Eamonn Snow, Levi King (Assistant Coach)



SPORT

Congratulations to Ethan Brown of Yr 12 who recently received the Pierre De Coubertin award in a special presentation held at Homebush by the Australian Olympic Committee. Ethan received this award for his outstanding contribution to Erina High School sport for his whole high school career. Well done Ethan.

State Gymnastics

A huge congratulations to Amelia and Harley Lynch of Yr 11 who recently competed at the NSW CHS State Gymnastics finals held at Glendale. Both students performed very well with Amelia blowing away the competition and placing in 2 events. Amelia placed third in Beam, first in Bars and finished first overall! Well done to both our top gymnasts, another fantastic result in Gymnastics.

State Trampolineing

The Lynch's were back again competing in the NSW CHS trampolining finals held at Niagara Park. This time it was Harley who blew away his competitors finishing 3rd in Trampolineing and 1st in Tumbling! Well done Amelia and Harley, once again you have represented Erina High School with pride. Well done.

Grant Keyes

Erina High School

Sports Organiser/ Year 10 Year Advisor



ANSTO Visit

Year 10 students travelled to Lucas Heights in Sydney to visit Australia's only nuclear reactor. It is one of Australia's premier scientific and technological institutions. Our year 10 students visited the discovery centre to take part in a variety of hands on experiments and to learn more about radiation and how it is used in our daily lives. The students enjoyed the experiments and examined a variety of issues. We then went on a tour inside the facility. Heavy security was evident at all times during the visit.

The students visited the technology test centre and the reactor— where a variety of medical isotopes used to detect and treat a variety of illnesses are manufactured.



We walked around the many particle accelerators used to carbon date relics and environmental samples. We were able to learn about new developments in data storage that will increase our storage from a few terabits to thousands of terabits on the same device. ANSTO is at the forefront of this development. Students also had the opportunity to talk to scientists working in the field and watch their experiments in progress. It is interesting to think that our students could be working or studying there one day very soon. Opportunities are there—it's up to them!

Our students were cooperative and respectful at all times and the tour guide was very impressed with the quality of the questions they asked. Our students did themselves and Erina high school proud, earning notable comments from the coach driver to the ANSTO staff.



ANSTO Visit



CAREERS

For information regarding 'Careers' please go to the Erina High School Website where you will find the latest Careers Newsletter. <http://www.erina-h.schools.nsw.edu.au/careers-tradestart/careers>

Year 12 Careers Workshop : on Thursday 2.30pm - 4.30pm for the remainder of Term 3

- Guest Speakers, Applying for Jobs and University/College and Tafe applications for 2015.

HEALTH - Asthma

With the onset of spring's warmer weather and longer brighter days, it is tempting to throw open windows and doors, to spring clean the house and to tidy up the garden. However, for people with asthma and allergies, spring can be a time of sneezing, runny noses and asthma attacks. Asthma can be triggered by many things such as dust mites, mould, pets, exercise, cold air and viral infections as well as pollens. About half of people with asthma who have a skin prick allergy test, will test positive to grasses and pollens. Many people with asthma find that their symptoms are more troublesome during certain times of the year; in particular, this commonly occurs when pollen from various plants is present in the air. Seasonal hay fever affects up to two million Australians. Other people can have allergic reactions in the form of rashes, contact dermatitis and hives. It is important to identify the triggers for each person. It is recommended that if you have allergy symptoms, you should consult your doctor.

In the meantime, you can follow the link below to see what your asthma score is:

<http://www.asthmaaustralia.org.au/asthmascore/>

Brendan Jones

Head Teacher - PDHPE

MUSIC

Congratulations to the wonderful Music students who performed at the Laycock Street Theatre in August for Central Coast Public Schools Showcase. These students were successful through a rigorous audition process representing the school at a regional level in Music. The students were:

*Kobi Dylan Myers (Yr 8)

*Nischal McDonnell, Olivia Andrews, Max Stuart, Tom Ellem, John Gibson, Will Northcoate (Year 10)

*Tyla Williams-Takoko, Andrew Partridge, Dylan Buddai, Arron Cahill, Alex Rowe (Yr 11)

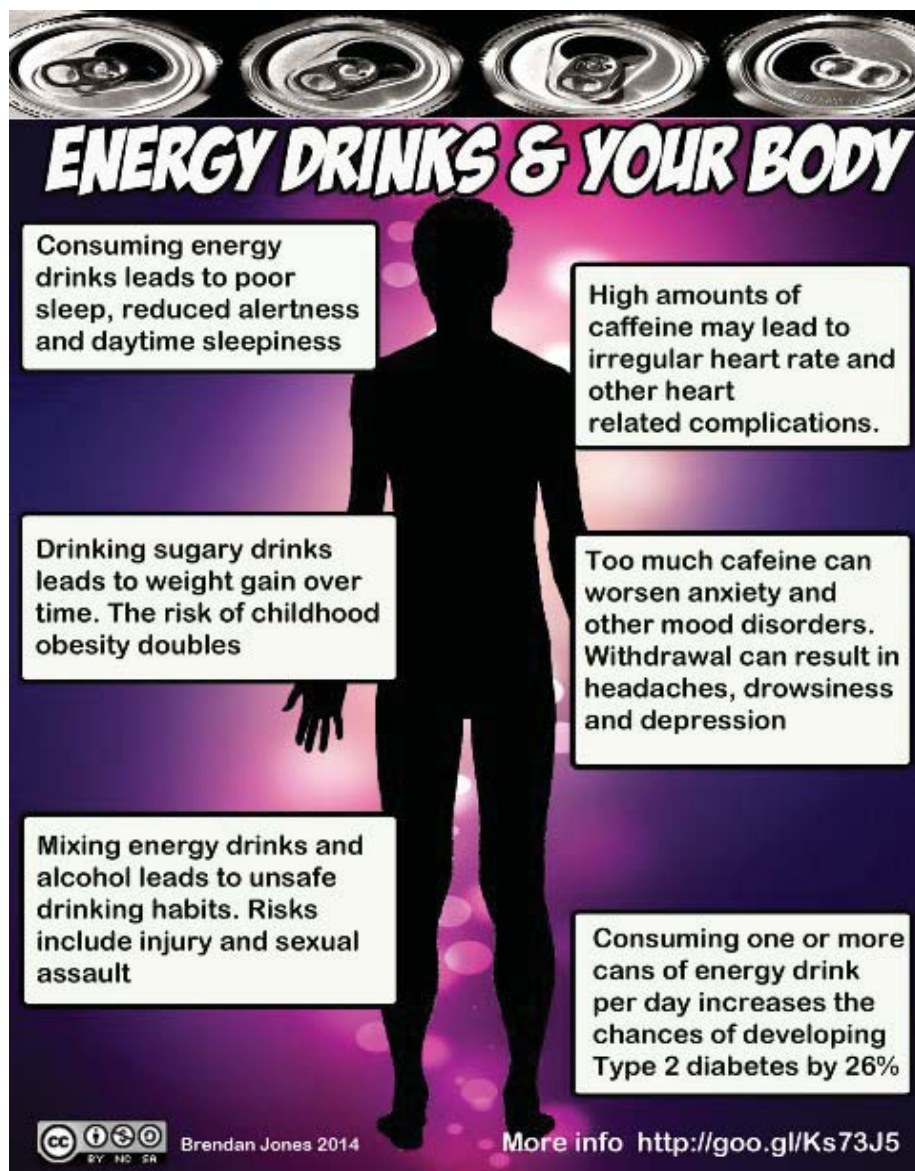
*Alesha Foley, Jack Elliot, Joel Fletcher, Andrew Hogson, Dylan Harper (Yr 12)

Energy Drinks—do they give learners wings?

We are concerned at the number of students that consume energy drinks before school each day. We thought it might be an opportune time to revisit what the experts say about energy drinks and young people. Energy drinks often contain caffeine or sugar, which can boost energy temporarily by affecting neurotransmitters. These brain chemicals regulate your mood and behaviour. Drinking excessive amounts of energy drinks could have adverse effects, especially if they contain caffeine. Caffeine stimulates the central nervous system to increase alertness, but excessive amounts can cause headaches, nervousness, dizziness and insomnia. Caffeine travels from the bloodstream to the brain, where it interferes with the chemical adenosine, which is involved in energy formation. Energy levels drop as caffeine leaves your system. Caffeine becomes a problem if withdrawal symptoms set in to produce dependence. It causes a cycle of getting enough caffeine in your system to stay energized.

(Source: How Do Energy Drinks Affect the Brain & Motor Skills?) <http://goo.gl/XFCEfp>

We believe these symptoms and side effects of caffeine containing energy drinks produce disrupted learning in some students, which can affect larger groups and classes. We suspect that many students consuming energy drinks do so without their parent's knowledge. In this light we will be proactive in dealing with students that bring energy drinks on to our campus through a range of behaviour management and education strategies. We seek your assistance by discussing with your students the dangers of children using energy drinks and encouraging your child not to consume them at school. For further evidence based information on energy drinks, please follow this link <http://goo.gl/cAH6px>



To view full size image : <https://db.tt/1VNX4u10>

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Gosford Little Athletics Registration Dates 2014/2015

Friday 12th September and Friday 19th September between 6pm – 8pm - Adcock Park 9, West Gosford
 Cost is \$150 for 1st child, \$115 for 2nd child, then \$105 for 3rd onwards
 Duel Registration with Senior Athletics is free—There is a \$30 Refundable Parent Assistance Levy/Bond per family
 We do not have credit card facilities, so please have cash or cheque payable to Gosford Little Athletics Centre Inc.
 Further info. on our website www.gosfordlittleathletics.com.au or contact our President Stuart Farrant on 0404 466 848

North Avoca SLSC 2014/2015 Nipper Registration

North Avoca SLSC 2014/15 Nipper Registration is on at the North Avoca Surf Club Sunday 14th September between 2.00pm – 4.00pm. All new and existing members are welcome, however we ask that any new members bring along a copy of your children/s birth certificates.
 Please visit: www.northavoca.com.au for more information or contact the surf club office on 43843607.



**HAVE FUN, MAKE NEW FRIENDS,
AND LEARN ABOUT ANOTHER CULTURE !**

Volunteer to host an international high school student arriving into Australia in February 2015, and you'll 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. Carefully selected students will arrive in July for their 3, 5, or 10 month programs from France, Germany, Italy, Sweden, Norway, Denmark, Finland, Japan and USA. They will live as a local, attend a local secondary school, arrive with their own spending money, and comprehensive insurance cover, all arranged by Southern Cross Cultural Exchange. You choose the nationality, the gender, the duration and the interests of the student that you feel is the best match for your family. Visit us at www.scce.com.au, email scceaustr@scce.com.au or call us toll free on 1800 500 501, request our international student profiles, and capture the spirit of family and friendship!



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FUN KIDS HOLIDAY ACTIVITIES SEPT/OCTOBER 2014

Our programs offer kids the chance to try something new or improve their skills in an activity or sport they already enjoy. Programs are affordable, supervised and lots of fun. Activities include Archery, Canoeing, Kayaking, Circus Skills, Sailing, Tennis, Gymnastics Introduction, Kids Multi-Sports etc.
 For further information on each program or bookings please phone 0243623184 See website www.dsr.nsw.gov.au



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Contact Geoff Hynd, your local Saver Plus Worker
 (02) 4333 8061 / 0428 282 900
 or geoffrey.hynd@thesmithfamily.com.au

Saver Plus was developed by ANZ and their authorized staff sponsored and delivered across the Central Coast by The Smith Family.
 The program is funded by ANZ and the Australian Government.

TRY BASEBALL DAY

CLUB: Central Coast Baseball

LOCATION: Baseball Park, Springfield

DATE: Sunday 14 September 9-11am

COST: FREE tshirt and BBQ

**FOR MORE INFORMATION
PLAYBASEBALLNSW.COM.AU**

Erina High School

A caring community committed to excellence in education

152 The Entrance Road
ERINA NSW 2260
<http://www.erina-h.schools.nsw.edu.au/>

Phone: 4367 7353 or 4367 7246
F: 4365 3086
E-mail: erina-h.school@det.nsw.edu.au



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Wyong Musical Theatre Company Inc.
Production of
Disney
THE LITTLE MERMAID

Music by Alan Menken Lyrics by Howard Ashman & Glenn Slater Book by Doug Wright

Based on the Hans Christian Andersen Story and the Disney Film produced by Howard Ashman & John Musker and written & directed by John Musker and Ron Clements.

By arrangement with Hal Leonard Australia Pty Ltd, exclusive agent for Music Theatre International, NY
www.wmtc.com.au or 1300 366 470



Center School Holidays

Day	Session	Time
Friday	19 th	7:30 PM
Saturday	20 th	2:00 PM - 7:30 PM
Sunday	21 st	2:00 PM
Tuesday	23 rd	10:30 AM - 2:00 PM
Wednesday	24 th	10:30 AM
Thursday	25 th	10:30 AM - 2:00 PM
Friday	26 th	7:30 PM
Saturday	27 th	2:00 PM - 7:30 PM

All tickets \$20. Discounts for Groups 10+ & 20+ "The Grove Theatre" formally Wyong Grove Public School 1 North Street Wyong

THE LITTLE MERMAID

The beautiful young mermaid Ariel longs to leave her ocean home to live in the world above. Her father, King Triton, bans her from returning to the surface then worries he may have been too harsh. Ariel must make a deal with the evil sea witch Ursula who takes her enchanting voice and then convince her true love, Prince Eric, to kiss her, despite being mute, to avoid the evil scheme of the Sea Witch.

Adapted from Disney's 2008 Broadway production, Disney's The Little Mermaid JR. features the hit songs "Part of Your World," "She's in Love," and the Oscar®-winning "Under the Sea."

We are presenting the talents of a diverse and enthusiastic young cast, aged 8 to 18. Some you will remember from earlier productions and for others this will be their debut.

This will be our first production at "The Grove Theatre", formally Wyong Grove Public School at 1 North Street, Wyong and our temporary home until the new Wyong Art House complex is complete. Thank you to Wyong council and staff who have made this interim venue possible. We are looking forward to the Art House as a focus for the development and presentation of all forms of creativity in the Wyong Shire.

Because of the limited seating in the venue, we expect seats will sell out, so to avoid disappointment book early either on the web at www.wmtc.com.au or phone on 1300 366 470



Discounts for groups of 10+ and 20+, get your group together now.

facebook.com/erinahighschool