



Erina News

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Erina High School
152 The Entrance Road
Erina 2250

Phone: 43677353
Phone: 43677246
Fax: 4365 3086

Email: erina-h.school@det.nsw.edu.au
Web: www.erina-h.schools.nsw.edu.au
Facebook: www.facebook.com/ErinaHighSchool

Upcoming Events

7 December
Sport Presentation
Evening 6.30-8pm

8 December
Yr 7 Science Zoo
Excursion

11-15 December
Yr 10 Camp

13-15 December
Yr 8 Camp



Message from the Principal

CAPITAL WORKS

In a recent communication with the asset management unit within the DoE I have been advised that Erina will receive a major upgrade of our change rooms and a significant injection of funding to manage maintenance. This is warmly welcomed as our students deserve a quality learning environment. Work is estimated to commence early next year.

NEXTGEN CHALLENGE

Congratulations to Darcy Watterson, Laura Sesko, Chelsea Ward, Jordan Cattley, Noah Wynter, Jarrod Clark and Harley Doolan who won the best Team for the Short challenge section at Newcastle University for the recent student small business competition. Well done students!!



SEMESTER TWO REPORTS

All junior reports will be available to parents online by Friday 15 December, a text message will be sent advising they are available. Please log onto the parent portal to locate the reports and contact the school if a hard copy is required.

STAGE 3 TRANSITION

Term 4 has been incredibly busy as we have hosted a Year 5 and 6 Gala day and the Year 5 Primary fun day. This week was Year 6 Orientation day and parent evening Tuesday 5 December. These programs have provided opportunities for our incoming students to experience the diversity of secondary schooling, meet new friends and provide a smoother transition to high school. I would like to acknowledge the outstanding work of the staff who have facilitated workshops, delivered high quality experiences, watered and fed our guests who always leave with big smiles. My thanks to my Primary colleagues for their support and to the parents who ensure their children participate. A great learning community!! Access our facebook page for some amazing photos of these days!!

CAMPS

Year 8 and 10 are off to camp week 10, with Year 10 going to the Gold Coast and Year 8 to Morrisset. I hope students have lots of fun and enjoy time with friends and new experiences. Be safe and look after each other!! Thanks to the year advisers Mr Bangura and Mrs Ruming for facilitating the camps and to the staff attending, should be great fun!



2017 HSC

A great night of celebration at the Year 12 Formal held at Crowne Plaza on 23 November. After 13 years of schooling the year 12 2017 cohort celebrated in style. Thank you to Ms Whitefield and Ms Kruit for organising such a gala event. We eagerly await our HSC results which will be available to students on Thursday 14 December. EHS will host a BBQ breakfast commencing at 8am so we can join in congratulating our students and their success.



CHRISTMAS HOLIDAYS!!

As the 2017 school year comes to an end I would like to sincerely thank the teaching staff for their outstanding work every day where quality teaching and learning is delivered. To our support staff who are the back bone of our school and continue to provide quality service to our staff, students and parents I appreciate their commitment and support. My thanks also to our wonderful students who continue to shine and reach new heights and my genuine and heartfelt thanks to our parents and community members who continue to support Erina High School in our endeavour to be the local school of choice.

As this is the last newsletter for the year I would like to wish staff, students and parents a very Merry Christmas and a safe and happy vacation.

School resumes on:

Monday 29 January Staff only – office open for enquiries

Tuesday 30 January for year 7, 11 and 12

Wednesday 31 January for all year groups

Enjoy, be safe and take care of one another.

Yours Sincerely
Mrs Karen Nicol
Principal

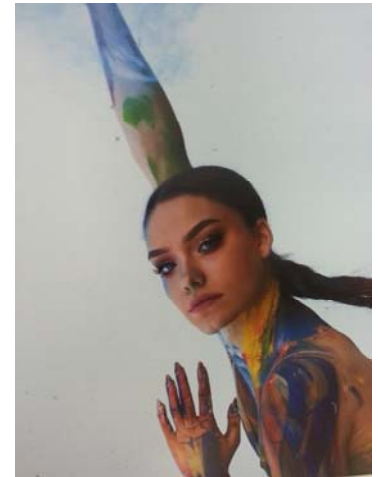
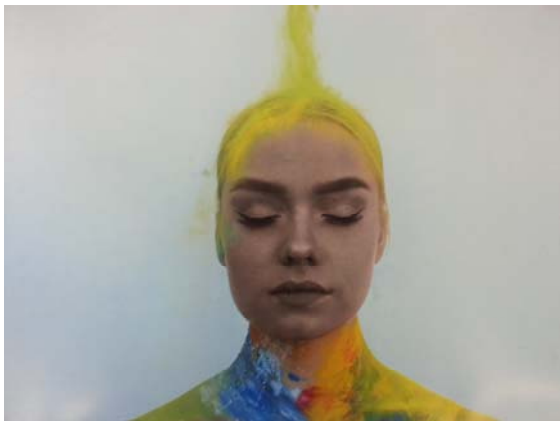


Visual Arts 2017

Our 12 H.S.C. Bodies of Work

This year we have some amazing work from our Year Twelve students. I am so pleased to be able to show you the work our students have spent most of the year completing. This year we were fortunate to have two classes in Year Twelve and our students were able gain support both from the youth, creativity and enthusiasm of Ms. Slocombe as well as the experience and marking expertise of myself. All students have been working through innovation and diligence over a prolonged time to create Bodies of Work which have been particularly inventive in their concepts and presentation this year. We are so proud of their results. Well done !!!

Here are some of the brilliant results.



HSC SHOWCASE

Congratulations to all Visual Art, Timber and Textiles students who presented their work 15 November. Families and friends were very impressed with their Major Projects and enjoyed the wonderful food and tea/coffee offered by our Year 12 Hospitality team. As you can see from our photos, our regular Year 7/8 STEM club students very much enjoyed being served hot chocolate and treats.

VARIETY NIGHT

Our Variety Night this year was a great success. Students performed brilliantly in front of their family and friends. The audience was amazing, cheering all acts on enthusiastically. A big shout out to our young stage crew who did a wonderful job of presenting a fluid and enigmatic production. Ms. Pennings and Mr. Quinn were also presenting their incredible talents that night helping those bands who needed an extra pair of hands. Well done to all those involved.









HSIE FAULTY

There have been many excursions happening in the HSIE faculty during Term 4 to help reinforce learning in the classroom.

ILLUMINATE NEXTGEN CHALLENGE: YEAR 9 COMMERCE ARE WINNERS!

Year 9 Commerce students participated in the University of Newcastle's NextGen Business Development Competition where they were awarded the 'Best Small Challenges Award'. This is the second year in a row that our students have been awarded one of the coveted awards. Students who participated were Darcey Watterson, Laura Sesko, Noah Wynter, Jarrod Clark, Jordan Cattley, Chelsea Ward and Harley Doolan. The students were put into teams to develop a business that solves the problem in our community of limited access to Central Coast local produce. To prove the effectiveness of the business, students had to produce a business plan with two years of financial forecasting, deliver a sales pitch, create elements of a marketing strategy including radio and newspaper advertisements, all while undertaking a number of smaller challenges along the way too. The skills learnt were not just ones useful for running a business, as students learnt about stress and team management, independent learning, budgeting, planning, creative thinking and speaking in public which will impact them for the rest of their schooling and working lives. Congratulations team Erina!



FUTURE COUNCIL INITIATIVE

Year 9 Commerce students spent a day at the Gosford Council Chambers learning about issues concerning the local environment. Future Council is a partnership program between Central Coast Council and Rumbalara Environmental Education Centre centred on teaching students about civics and citizenship and local government decision making. The students debated on real local issues they are passionate about and cast a vote on behalf of their community, just like a real Councillor, with the Mayor and Deputy Mayor in the Chair. Issues debated were on the development of a music festival site, coastal management, plastic bag ban, community resilience with extreme weather events, sustainable housing, companion animals, changes to residential waste services, bicycle infrastructure and a bike share program/partnership, development of a large youth centre and marine parks. The students were able to take away this knowledge and hopefully become more informed community members who can participate in the local decision making processes.



HSC GEOGRAPHY FIELD TRIP TO AVOCA LAGOON

The Year 12 Geography students travelled to Avoca Lagoon on the 15 November to carry out fieldwork for their 'Ecosystems at Risk' case study. The excursion involved a kayak survey of the foreshore to look at human influences on the lagoon and then water testing of the lagoon to gauge water quality. The students represented the school in a great manner and were enthusiastic and thoroughly wet during the day. The students now have an excellent case study to use in their HSC examination questions.

BRISBANE WATER ZONE GALA DAY

Congratulations to our 40 students from Year 7 & 8 who recently represented Erina HS at the 3rd Annual Brisbane Water Zone Gala Day held at Adcock Park. Our students played a round robin tournament in the sports of Kick Tennis, End Zone, Modified Netball and Ultimate Frisbee against all of the high schools in our zone. Our students represented Erina with great pride, learnt some new skills and had a lot of fun playing some new sports. Well done team Erina!

Grant Keyes
Erina High School
PDHPE Co-ordinator/CHS Sports Organiser



YEAR 10 UNIVERSITY OF NEWCASTLE SCHOOLS VISIT DAY

Year 10 had a fantastic day at the University of Newcastle, Ourimbah Campus on Thursday 23 November. The students attended numerous workshops, which focussed on a variety of different courses offered at UON. These workshops included: education, nursing and engineering among many others. The students received a taste of what University life is like and thoroughly enjoyed the independence and relaxing on the lounge chairs in the sun. I am positive that all our Year 10 students have taken away a positive attitude toward their future studies and the options available to them after they finish their time at Erina High School.

Ms Pursehouse/Ms Keane
Careers and Transition



NSW GOALBALL TEAM

Congratulations to Makayla Reilly of Year 7 who has been selected in the NSW U15's Mixed Goalball team to compete at the Pacific School Games held in Adelaide in December. Makayla had to trial in Sydney in June to be selected in the 6 person team.

At the Pacific School Games, Makayla will represent NSW against the other states and a few special guest international teams. Well done Makayla and best of luck in Adelaide.



BARKAN

"BOOMERANG" IN DARKINJUNG



CONGRATULATIONS

Leightham and Bailey Carney have been offered an Academy Scholarship to the Central Coast Academy of Sport. These young men were two of the 20 selected after participating in the Indigenous Talent ID event.



Blake Dobbs-Finn has won School Based Traineeship with the ANZ Bank. This is a wonderful opportunity to gain work experience whilst still attending school for Years 11 and 12.



10 tips for teens

Thriving in the Digital Age



Technology is positive for many people but it can be bad for your mental health, stress you out or make you feel disconnected from others.

Psychologists, who are experts in the mind and emotions, recommend these tips to help you live a healthy life online.

1. Build relationships

Psychological research shows real-life social contact gives you the skills you need to use technology in ways that are good for you.

Cultivate relationships offline as well as online.

2. Maintain perspective

Seeing the perfect lives of celebrities or friends can make you feel low. But remember these are just edited highlights, designed to show a certain image to the world.

Keep it real on social media and you will be less stressed and feel better connected.

3. Choose support wisely

People with mental health issues often turn to online groups that reflect their thoughts and moods. Sometimes they withdraw from friends who are having a better time in life.

Look for moderated forums like those on the ReachOut website.

4. Check less

"Constant checkers" are people who are always on social media or get notifications pushed to their phone constantly. Psychological research shows they are more stressed and get less done.

Turn off constant notifications and limit when you check to certain times of day.



5. Connect with your family

The internet can make friendships stronger, but can create a wedge within families. Losing connection with other generations can be bad for your wellbeing.

Put down the iPad and spend time connecting, in person. Really engage with the people around you in the here and now.

6. Switch off to sleep

Screen time is linked with poor sleep. And poor sleep has been linked to problems with physical health, mental health, work and study.

Turn off all phones, devices, computers and television an hour or more before going to bed. Remember face-to-face contact with friends and family has actually been shown to help you sleep better. ▶



Learn more about the psychology behind these tips at compassforlife.org.au

10 tips for teens

Thriving in the Digital Age



7. Choose friends, not bullies

Being trolled or bullied online can be deeply upsetting and hard to ignore. Cyberbullying and other harassment have been shown to harm people's mental health and wellbeing.



Consider reporting, blocking, unfollowing or unfriending any person who repeatedly posts material that offends you.

8. Be a good citizen

Being on the receiving end of negativity online (or even dishing it out) is bad for you. Studies show that these interactions can leave you with social and emotional issues.

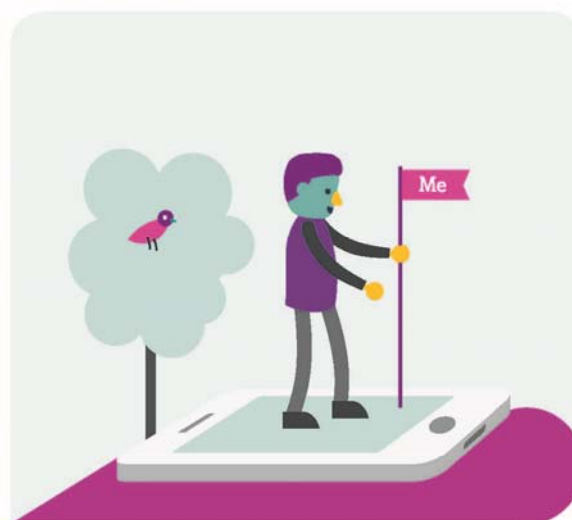
Help create a positive environment online. If you witness bullying online, consider responding. Research suggests that 'bystanders' who witness bad behaviour can discourage online bullies and help the victims.

9. Think big picture

Images can spread like wildfire online.

Before sending an image or video to anyone, think about what it would be like if your teacher, mother, or future employer saw this image. If you feel uncomfortable taking and sharing an image of yourself, don't. It is your right to say no.

Protect yourself.



10. Break out of your 'technococon'

Spending too much time locked away in your bedroom can lead to poorer health and fitness and can be a sign you are avoiding real-life problems.

Find a supportive friend, family member or school advisor and start talking about what is troubling you. You can then start to solve the problems causing you stress and engage fully with life.

When to seek professional help

Social media and technology enrich the lives of millions of Australians but if you find your use is affecting your life, wellbeing or relationships, you may benefit from professional help.

A psychologist can help you identify patterns of behaviour and the underlying reasons for them.

They can help you solve problems and establish more constructive habits that will help you thrive.

To talk to an APS psychologist, speak to your GP about a referral or contact the Find a Psychologist™ service on 1800 333 497 or visit findapsychologist.org.au.

Learn more about the psychology behind these tips at compassforlife.org.au

THE OUTPOST PRESENTS

Brekky in the Park

EVERY SATURDAY
8:30am - 11:30am
HEAD TO OUTPOST HUB FOR DETAILS

LOOK FOR THE DRAGONFLIES

ENJOY GREAT FOOD, COMPANY & CONNECT WITH AMAZING WOMEN WHO ARE PIONEERS (LIKE YOU) WHO ARE RECLAIMING THEIR LIVES AFTER BREAKING THE CYCLE OF DOMESTIC VIOLENCE IF YOU CAN BRING A CHAIR AND A BLANKET & BE A PART OF A WARRIOR WOMENS COMMUNITY

IF YOUR STUCK MSG US ON FB  [FACEBOOK.COM/THEOUTPOSTOZ](https://www.facebook.com/theoutpostoz)





SCHOOL HOLIDAY TENNIS CAMPS

Monday Dec 18th - Friday 22nd
 Tuesday Jan 9th - Thursday 11th
 Tuesday Jan 16th - Thursday 18th

3 Weeks of fun!

Just \$35 per day or \$130 for 4 days, \$145 for 5. Includes light snacks and fruit. Sandwich and drink provided for \$5 per day or BYO lunch.

Friday will be \$5 Pizza day!!!

Camp runs rain or shine! For ages 5-16

Visit www.gosfordtennisclub.com.au for info.

Call 4325 2921 or email info@gosfordtennisclub.com.au

Bookings Essential



\$100 rebate to cover sport fees

Participation in sport is extremely valuable to our community, but families often find it difficult to meet the costs involved with their kid's sporting activities. That is why the NSW State Liberal Government recently announced the **Active**

Kids Rebate, designed to help parents with sporting costs. Parents will be able to claim up to \$100 per school-enrolled child per calendar year as a voucher to help reduce the cost of eligible sport and fitness activities.

The rebate will not be means tested so that every family has access to this initiative. Parents will be able to register for the voucher online or through a Service NSW Centre from 31 January 2018.

More details are available at <https://sport.nsw.gov.au/sectordevelopment/activekids>, or alternatively please feel free to provide feedback directly to me by emailing terrigal@parliament.nsw.gov.au.

Adam Crouch MP, Member for Terrigal

Disability services



Specialist therapy to achieve your goals

We are an experienced provider of specialist clinical services to people with a disability. We are able to provide a range of services including:

- Physiotherapy
- Speech therapy
- Nutrition support
- Occupational Therapy
- Behaviour therapy
- Psychology
- Nursing.

Our expert multidisciplinary teams work with people with complex needs to offer all therapy and supports from one organisation. We also offer specialised therapy supports for children.

Living the life you choose

We provide services that support you to reach your goals and live your best life.

This could be help to take part in a hobby, to live independently or to connect with your family and friends.

It may be help with meals, around the house or washing and getting ready for the day.

Whatever it is, we have skilled specialists who can be there every step of the way.

be loved

Do you want obligation free advice on how to make the most of the NDIS to live the life you choose? Talk to us about your needs and goals.

1800 BENSOC, 1800 236 762



benevolent.org.au

benevolent SOCIETY

Designed and Printed by Peter James & Peter Hopton

Disability services



When the moment comes and you need a helping hand

We all have moments in life when we need a helping hand.

- It could be as you become older.
- Assistance with a disability.
- Family relationships.
- Your child's development or behaviour.
- Mental health.
- Help with care.

As Australia's first charity we have been achieving positive outcomes for people with disability, older Australians, children and families since 1813. Our vision is a just society where all Australians can live their best lives.

NDIS services tailored to your goals and needs

The Benevolent Society specialises in partnering with people with a disability so they can live the life they choose. As an NDIS provider, we work with you to find the services that meet your goals and needs and we build your confidence to choose and manage the support that is best for you. Our teams can offer services in the location that is best for you, including your home or in our community hubs.

The right support at the right time

We provide Support Coordination and Psychosocial support, to help you organise the right services to achieve your goals. A Support Coordinator will help you access

support and organise the right services for your plan. They will make sure you have a strong network to support you.

They will also:

- Explain your plan to you
- Change your services as your needs change
- Prepare you for your review or planning meeting
- Work with you to increase your confidence in choosing and managing your support.

We provide Support Coordination and Psychosocial support for people with:

- Mental illness
- Physical disability
- Intellectual disability.



benevolent.org.au

benevolent SOCIETY



Preparing you for your **P S**

Get 20 bonus log book hours by completing a Safer Drivers Course.

You must have completed at least 50 actual log book hours to qualify and is available for learner drivers under the age of 25.

Book and pay online at
www.saferdriverscourse.net.au
 0416 161 024

Courses available at:

- Central Coast
- Newcastle / Hunter
- Sydney

**GET
 20 HOURS
 credit on your
 log book**

See website for course venues

**Enrol Now
 only \$140**

Awesome Driving school is a provider of the Safer Drivers course for young learner drivers



**DON'T FORGET TO
 'TAP ON' & 'TAP OFF'**

How to replace a lost, stolen or damaged School Opal card

To report a lost, stolen or damaged School Opal card, please advise the student to go to <https://apps.transport.nsw.gov.au/ssts/reportPass>. If the student proceeds with replacing their School Opal card, it will be cancelled immediately and a new card will be sent within 8 to 10 working days.

Behaviour matters

Please remind students to:

- be mindful of safety
- respect transport staff, transport property and fellow travellers
- offer their seat to paying customers
- always travel with a valid ticket
- tap on and tap off every time if they are travelling in Opal areas.

Student Codes of Conduct are available at transportnsw.info/school-students.

SCHOOL TRAVEL FOR 2018

Applications for school travel need to be made before 31 December 2017. Students who are remaining at the same school **WILL NOT** have to reapply. However, those changing schools or moving from Year 6 into Year 7 will need to reapply before the cut off date of 31 December, otherwise current entitlement may be cancelled. Students inquiring about pending cancellations or those wishing to update details or make applications for 2018 should log on to:

<https://apps.transport.nsw.gov.au/ssts/updateDetails>

All new opal cards should be received by the beginning of 2018, and will be sent to your nominated address. New opal cards will **NOT** be sent during 2017 or during the Christmas/New Year Break.