

Term 2 Week 10

6 July 2018

## *Deputy Principal Matters by Michelle Nunura*



### **Growth Coaching**

Last week, our Year 10 students had the opportunity to participate in a Subject Selection Coaching Conversation. The purpose was to assist students in selecting a pattern of study for Year 11 and 12 that best meets the needs and interests of each student. Both our students and teachers enjoyed the opportunity to have a one-to-one discussion about future goals and to address specific questions around senior subjects.

These sessions are part of our broader focus on supporting student learning through coaching conversations. Growth Coaching is different from traditional mentoring as it places emphasis on helping the 'coachee' find the best way forward themselves, rather than providing advice or telling the 'coachee' what they should do. Our Year 12 students have felt incredibly well supported through the coaching conversations they have taken part in over the past year - whether the focus is on finding time to prepare for UMAT examinations or developing more effective study skills. We are looking forward to offering this support to our Year 11 students from the start of Term 3.

### **Mental Health First Aid**

Early this term, 20 staff members were trained in Mental Health First Aid (MHFA). Every participant felt the course was extremely valuable and agreed that students in Year 11 should participate in the teen MHFA Course. This course will count towards the number of hours required for *Crossroads* therefore it is compulsory for students to participate.

The teen MHFA Course teaches high school students how to provide mental health first aid to their friends. The course was developed in response to research indicating that young people have a preference for sharing problems with peers. The course curriculum is evidence-based, informed by a study undertaken to determine the best actions a young person can undertake to support a peer with a mental health problem. An initial research evaluation of the teen MHFA course found that, after completing the course, participants had improved knowledge of mental health problems and their treatment, increased confidence in providing mental health first aid to a peer, and increased help-seeking intentions. Additionally, participants' stigmatising attitudes were reduced.

The delivery format for this course is three interactive classroom sessions of 75 minutes each, on non-consecutive days. The course has been specifically designed to be engaging for this age group, and uses videos, group discussions and activities. Year 11 students will be taking part in the program next term. Could parents please ensure the permission note and money is returned to the school ASAP.

### **Work Placement**

Students from our Year 11 VET Construction class completed their work placement during Week 9. These students attended various sites around the North Shore area to gain hands-on experience on different trades. Students observed other tradespeople, performed various duties, complete safety induction and attend site meetings. These students showed a strong commitment and interest in learning a trade when they complete their HSC and received positive feedback from their host employer. Well done boys! Photo shows Mr Oh with students.



### **Year 7 English Assessment**

This term, Year 7 English classes have been undergoing a Close Study of Drama. From play versions of "Frankenstein" to Shakespearean Comedy, students have examined a range of characters and themes. In one of the most popular assessments of the year, students got to dress up as their favourite character from the play they are studying and give some very engaging performances in front of their class. We have seen some excellent costumes, elaborate sets and sound effects and, most importantly, fantastic scripts and speeches. Well done to Year 7 and, as pictured, Adam (aka King Oberon) and Max (otherwise known as Duke Orsino).



### Year 8 After School Street Art Workshop

Our Visual Arts teachers spent Wednesday afternoon doing what they love best...working with highly motivated students to create exciting contemporary artworks. Inspired by the Art Tour visit to a Berlin workshop, students in Year 8 were invited to attend a similar experience in the Quad, using brightly coloured spray paint and stencils to layer their images. Mrs Melville started the session by explaining the difference between Graffiti (tags and text) and Street Art (complex and often created for the purpose of political or social commentary). We were ably assisted by five of the Art tour "experts" Nick B, Niki P, Charlotte D, Charlotte M and Norah R. One of our more mature students, Mark W (AKA The Principal), was expertly guided on his masterpiece by Niki P. Students created at least two artworks and were very excited by the process of creating their own Street Art. Thank you to our wonderful Art staff for putting so much time and effort into this project with the students.



### Roseville Chase Rotary Fun Run

The Roseville Chase Rotary Fun Run is a Community event that welcomes families as well as serious competitive runners. St Ives High School is entering a team and we would love for you to join us. This year's fun run will offer a discounted entry fee for any school students that enter as part of a school team. All proceeds will support Rotary projects in Australia and around the world.

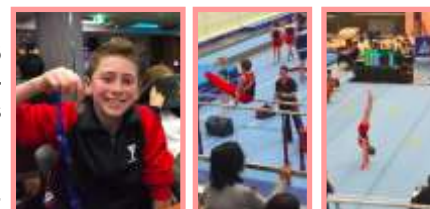
Start Times:

8:00am - 10km Run; 8:10am - 5km Fun Run/Walk; 8:15am - 2km family walk starts (includes the Headland Rd lookout)

To register please go to this link: <http://rosevillechasefunrun.strikingly.com/>

### Sporting Achievements

- Henry K (Year 7) attended his first Men's Development Competition in Level 3 at the Sydney Gymnastics & Aquatic Centre in Rooty Hill. Henry did exceptionally well and won a silver medal. This is a great achievement considering its only Henry's second year of being a gymnast. Well done!
- Congratulations to all students who participated in the Regional Cross Country—James C, Evan C, Nicole C, Natalie C, Joshua D, Georgina F, Erik F, Kirsty F, Ashley H, Graham P, Kira P, Anna R, Audrey W, Eliisa W, Vania Z. Special congratulations to Kirsty F for coming 3rd in 15 years girls event and Erik F for coming 8th in the 17 years boys event. Both students are now going to NSWCHS Cross Country Carnival next term on Friday, 27 July.



Thank you students and parents for making the term so successful. I wish you all a happy and safe holiday. The school will re-open on Monday, 23 July when staff return to school. Students return on Tuesday, 24 July 2018.

**Michelle Nunura**  
Relieving Deputy Principal



## YEAR 9 WELLBEING COURSE

The first semester of the Year 9 Wellbeing course wrapped up this week. These students have immersed themselves in a range of wellbeing activities from the study of the significance of gratitude to mindfulness and yoga, to nutritional studies and self defence workshops. Students also volunteered at the local aged care home.



As part of their course each student selected their own area of study related to Wellbeing. These spanned a number of topics and required students to not only research the issue but to also present their findings in a manner that reached an audience beyond our classroom. Below are links to some of these projects.

<https://digitaldetoxguide.weebly.com> <https://ellafrostsixsite.com/wellnessassignment/blog>

*Gratitude - being grateful for all that we have in life is one of the keys to true happiness.* In the Wellbeing course this semester we explored the idea of gratitude. We tried hard to maintain a gratitude journal and spent time reflecting on and appreciating what we 'have'. Year 9 were asked what is was that they were most grateful for and here are some of their responses:

- ☺ *"Having nice friends who cheer me up if I am in a bad mood"*
- ☺ *"... my parents, they can make my saddest moments the happiest"*
- ☺ *".. my family and the things they provide for me as well as their unconditional love."*
- ☺ *"Good friends who care and a safe, happy home to live in"*

## SCHOOL SPIRIT WEEK

The SRC organised a number of activities to promote school spirit. Monday's assembly was a celebration of the many talented staff and students we have in our school. The percussion group were particularly impressive banging out rhythms on a \$20 recycled desk. Have a look at the website for the whole performance. Wednesday was mufti day. Gold coin donations for wearing mufti coupled with our annual cake stall was a great success with the SRC raising a healthy sum of money that they will be using to buy outdoor seating.



Sadly the weather was not on our side and we have had to **postpone movie night to Thursday, 23 August**. So the school spirit will continue onward into Term3!

**Tania McGurgan**  
**Transition Coordinator**  
**Visual Arts Teacher**

## YEAR 8 MUSIC END OF COURSE - GROUP PERFORMANCES

On Thursday afternoon during periods 4 and 5, Music classes 8 A, B, E and F got together to perform their group band performances to an audience of students in the other music classes. Students from all classes performed modern pieces of music which they had chosen for the day and had rehearsed for a number of weeks. Luckily no one played the same piece of music to the group and all of the equipment worked well. The performances were all well received showing that we have a lot of talent here at St Ives High. All our performers have received a ribbon for their efforts and we also intend to try and choose a few groups to perform again for the annual Music Soiree.



**Genevieve Andresson and Sally Cooper, Music Teachers**



## YEAR 10 VISUAL DESIGN



In Term 2, Year 10 Visual Design students were given a design brief that required them to create an eye catching, attention grabbing shop window display for a retail company or product of their choice. They have done an incredible job using the design process to produce fantastic projects!

Well done to Madison B, Abigail B, Sheri M, Esther W, Nick D, Annika A, Julian S, Hannah G, Angela K, Yasaman B, Lucy X and Paul K.

**Sharon Skilton**  
Visual Arts teacher

## KNOCKOUT SOFTBALL

On June 26-27, the St Ives HS Knockout Softball team competed in the final 16, CHS competition. Players came from around NSW to Newcastle. Our girls all played exceptionally well throughout the Championship and won the 'Plate' division. The first match decided which teams would play off for 1-8<sup>th</sup> place and 9<sup>th</sup>-16<sup>th</sup>.

Our first game, against last year's winners, the Hills HS, was a closely fought match with outstanding pitching from Keradyn, solid batting throughout and only a few small dropped catches from our girls. Unfortunately though, we could only play for 9<sup>th</sup>-16<sup>th</sup> place from here (Plate Division). During Rounds 2 and 3 our girls soared to new heights, annihilating Menai and Callaghan. Our batting confidence grew incredibly with many runs being scored. All the work from Susie H (past student), really paid off. Round 4 was the Plate Division final, where we played-off for 9<sup>th</sup> and a medal. Our confidence grew another step and all girls played an outstanding match, with a sweet victory.

Results:

Match 1 v The Hills Sports HS Lost 0-4; Match 2 v Menai HS Won 22-7;  
Match 3 v Callaghan College Won 15-2; Match 4 v Wagga Wagga HS Won 9-4

**Jenni Moss**  
PE teacher  
Softball Coach





## YEAR 9 SKI CAMP - IMPORTANT NOTE FOR PARENTS

If your child is attending Ski Camp next term (15-17 August 2018), please click the link below (or copy into your browser) and complete a quick survey. It is important that this form is filled out accurately as preferences cannot be changed after submission. This form must be submitted by Friday, 13 July. <https://goo.gl/forms/nsVIBE3TeTA3tbV2> Thank you in advance for your prompt response.

**Sandra Khalili, HSIE Teacher, Year 9 Adviser**

## YEARS 10 AND 11 IMMUNISATION

Years 10 and 11 students were issued with their immunisation cards this week. The cards need to be returned to school the first week back before Wednesday 25 July, when the nurses from North Sydney Health will set up a clinic at St Ives High School.

**Tania McGurgan, Coordinator**



## Salvation Army Winter Food Drive

Your generous donations were gratefully received by the Salvation Army and were taken to their storeroom on Friday, last day of term.



## BUSHCARE REGENERATION



A big thank you to Tracey who helped both Hugh (trainer) and I look after our endangered forest on the corner of Yarrabung Road and Hunter Avenue. We worked on containing spider plants and asparagus ferns. With greater help we could get to work on the section where the vines are killing off native plants. We realise this work is not for everyone and people are busy but even an hour of your time would make a difference at trying to manage this area. Here is a link to information on the Syd-

ney Turpentine and Ironbark forests which are critically endangered.

<http://www.environment.nsw.gov.au/threatenedspeciesapp/profile.aspx?id=10789>

Please keep an eye out for future bush regeneration days.

**Meredith Hunter**

## CAREERS UPDATE

### Applying for university timeline for year 12 students

August 1 - UAC, School Recommendation Schemes (SRS) and Educational Access Schemes (disadvantage) (EAS) applications open.

September 28 - University applications and SRS close.

October - HSC exams.

November 15- SRS early offer round 1.

November 29 - SRS early offer round 2.

December 6 - SRS early offer round 3.

December 13- HSC results released.

December 14 - ATARs released and year 12 pizza lunch at school.

December 20 - Uni offer round.

January 11 - Uni offer round.



For more information on any of these or other careers matters visit the Careers Adviser or email Mr Holmes at [neil.holmes@det.nsw.edu.au](mailto:neil.holmes@det.nsw.edu.au) or call the school on 9144 1689 ext 116.

Visit my free careers website at <http://www.careeradvisersw.com> to view career videos, take career tests, view subject selection resources, links to all universities on bonus points, scholarships, elite athletes schemes, alternate entry to university, the job market, SRS and more.

**Monday &  
Wednesday  
7.45am in E12**

- spelling
- vocabulary
- grammar
- sentences
- paragraphs
- whole texts
- question analysis
- essay construction
- persuasive argument construction

Contact: Mrs Regan  
LOTE/ Support staffroom  
[peta.regan@det.nsw.edu.au](mailto:peta.regan@det.nsw.edu.au)



St Ives High School

## Beyond the Bell

DO YOU NEED HELP WITH YOUR  
HOMEWORK AND ASSIGNMENTS?



WEDNESDAY 3:15 – 4:15  
IN THE LIBRARY

ALL STUDENTS YEAR 7 – YEAR 12 ARE  
WELCOME TO ATTEND

# 2018/19 ENTERTAINMENT BOOK



**Tell your friends about the savings at Woolworths, David Jones, Priceline etc  
and support your school**

If every family at our school either bought or persuaded a relative, friend or workmate to buy an **Entertainment Book**, our school would receive **over \$10,000**.

**Many people are still unaware that they can save 5% on all their shopping at the Woolworths Group throughout the year, with no cap - see below. Eg if you spend \$100 a week, you will save \$260 a year.**

Please tell them, then contact [communications@stivespandc.com](mailto:communications@stivespandc.com) for an informative e-mail to send & distribute (click link below for geographic editions around Australia)

**To buy, you can either order online (below) or  
pay cash/Visa/MasterCard at the School Office which has books in stock**

**[SUPPORT US NOW.](#)**

**20% of the membership/book price goes to St Ives High School via the P&C**

***Here are just a few of the many offers to enjoy with  
an Entertainment Membership:***

The average family saves about \$1500 according to Heidi Halson, Executive Director, Entertainment Publications (see *Money Magazine Australia*, April 2018).  
As well as all the listed cafes, restaurants, shops, stores, cinemas, entertainment centres, travel and accommodation etc, ***you can save 5% throughout the year on all your Woolworths shopping (incl. BIG W, other Woolworths Group outlets, + Caltex petrol - selected outlets)*** by purchasing Woolworths e WISH GIFT Cards online through the Entertainment Book. Also 10% discount on gift cards at **David Jones, Priceline, Country Road\*, Rebel and BCF**, as well as 5% discount at **JB Hi-Fi\***.  
(\*capped at \$5,000, others at \$10,000, Woolworths uncapped)  
Remember the cards have their full face value, you buy them at a discount, so they can be used in conjunction with any other discount.

**St Ives High School**  
[communications@stivespandc.com](mailto:communications@stivespandc.com)



**HORNSBY TOUCH  
PRESENTS**

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# **JUNIOR TOUCH**

**COMPETITION**  
**COMP STARTS 19TH SEP**

# **\$65**

**10 WEEK COMP | SHIRT INCLUDED**

# **REGISTER ONLINE**

**HORNSBYTOUCH.COM.AU**

## **REGO OPENS 6TH JULY**

### **DIVISIONS**

**GIRLS 9s | 11s | 13s | 15s | 17s**

**BOYS 9s | 11s | 13s | 15s**

**FAMILY DISCOUNTS**

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**ALL GAMES @  
FOXGLOVE OVAL  
WEDNESDAY  
AFTERNOON**

Interested in Boys 17s? Contact us at [hornsbysbytouch@gmail.com](mailto:hornsbysbytouch@gmail.com)