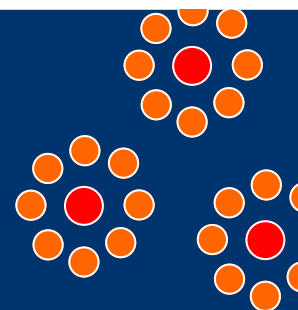




Hunter River Yarning

Quality Relationships, Quality Learning

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36 Elkin Avenue Heatherbrae NSW 2324 T 49872 306 F 49874 076
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Issue 2

Friday, 12 August 2016

Hunter River High School P & C Association

Tuesday, 30 August 2016 at 5.30pm

Please note the change of time due to Showcase.

Venue: Connected Classroom
Refreshments available- All Welcome

*The P & C meets on the fourth Tuesday of each month at 6.30pm
in the connected classroom, come along and be involved in the
future of your child's school.*

Hi there from the Principal!

Education Week - Last week we celebrated the success of many students at our school Education Week Assembly. Congratulations to those students who were acknowledged for achievement in learning and/or 100% attendance for Semester 1. We continue to see more students with higher percentages of attendance. Remember, "It's not okay to be away".

This week Hunter River Learning Community joined with the schools of Lakeside Learning Community to celebrate Education Week. Thank you to all of our very worthy award recipients who work tirelessly to help make our school such a great school.

Student Excellence-

Emma Hampson and Nikalas Armstrong

Teaching Staff Excellence-

Fiona Lovell and Tracy Jones

Outstanding Contribution by a Non-teaching Staff Member- Chris Higgins and Brooke Roach

Outstanding Contribution by a Community Member-

Paul Lidbury and Kim Moore

School Achievement Award – iSTEM Program

-Rob D'Elboux

Year 10 Work Experience- Many of our Year 10 students have enjoyed two weeks in the world of work. We thank all businesses and schools who have accommodated our students and made this not only a vital learning experience but a lifelong memory.

Year 12- Six weeks (30 days) of school is all that is left of 13 years of schooling for our HSC candidates. Staff continue to work hard with students in preparing for the upcoming exams and we hope that all students are making the most of the short amount of time remaining. This is often a stressful time for families so please remember to let us know if support is needed in any way.

Yours in education,

Deb Dibley

Principal

DATES FOR THE DIARY

WEEK 3: A

- | | |
|--------|--|
| Aug 15 | HSC Practical Dance Exam
Work Placement 1- Construction
HSBC Lawn Bowls Competition |
| Aug 16 | Elevate Years 11 & 12
Work Placement 1- Construction
Year 4 GATS Day |
| Aug 17 | Multicat Class Community Access Excursion
Work Placement 1- Construction
Youth Frontiers |
| Aug 18 | Robocup Regional Finals
Work Placement 1- Construction
ITrack Mentoring- P3
After School Maths Tutoring |
| Aug 19 | Inhale, Exhale Breath Workshop
Work Placement 1- Construction
Vocaleague |

WEEK 4: B

- | | |
|--------|---|
| Aug 22 | Girls/Boys Group |
| Aug 23 | Hunter Youth Mentoring Student Meeting |
| Aug 24 | Multicat Class Community Access Excursion
Youth Frontiers
HSC Dance Workshop |
| Aug 25 | Formal Assembly- Leaders Speeches
ITrack Mentoring- P3
U14's Legends of League
After School Maths Tutoring |
| Aug 26 | Year 10 Decision Day
Vocaleague |



SCHOOL VACCINATION PROGRAM 2016- DAY 3

School vaccination clinics continue on 8th September
Students will receive a single dose of the Varicella vaccine.

WHAT IF MY CHILD HAS MISSED A VACCINE?

The HPV vaccine and the Diphtheria-Tetanus-Pertussis (dTpa) vaccine were administered earlier in the year. If your child has missed any vaccinations they will be offered any missed doses at the next clinic at their school.

WHAT IF MY CHILD HAS NOT RECEIVED ALL HPV VACCINES BEFORE THE END OF 2016?

Any year 7 student with missed doses of HPV vaccine can be caught up in 2017.

Additionally – any year 8 student who commenced HPV vaccination while in year 7 and are yet to finish all 3 doses of HPV (and who has not received any from their local doctor) can still receive these at the next clinic at their school.

Don't forget a Record of Vaccination is given to each student for each vaccination.

Parents/guardians should ensure that this record is kept for future reference and should not assume that their child has been vaccinated if they do not receive this Record of Vaccination.

Any questions, visit the NSW Ministry of Health website at:

<http://www.health.nsw.gov.au/immunisation/Pages/schoolvaccination.aspx>

ASSESSMENT TASK DUE DATES:**YEAR 7:****WEEK 5**

PD/H/PE Year 7 Dance Assessment

WEEK 6

PD/H/PE Year 7 Dance Assessment

YEAR 8:**WEEK 6**

HSIE Geography -Film Study

YEAR 9:**WEEK 5**

PD/H/PE Invasion Game Assessment Task

WEEK 6HSIE Geography -Communities Research Task
History Research Task– WWII

PD/H/PE Invasion Game Assessment Task

TAS Child Studies– A Dirty Story Assessment

YEAR 10:**WEEK 5**

PD/H/PE Invasion Games Assessment

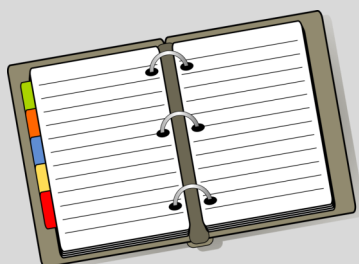
WEEK 6

HSIE Geography- Global Link Media File

PD/H/PE Invasion Games Assessment

YEAR 11:**WEEK 5**

HSIE Legal Studies Research Essay

PD/H/PE First Aid Practical Demonstration/
Written TestSLR– Sports Coaching and Training
Coaching Accreditation**WEEK 6**TAS CAFS– Family Change and Support
Networks AssessmentPD/H/PE SLR– Sports Coaching and Training
Coaching Accreditation**STUDENT ACHIEVEMENTS:****STUDENT OF THE WEEK****WEEK 3**

Name: Cory Ellem

Year: 11

Nominated by: Mr Pettit

Reason for nomination:Fantastic Application and achievement
in General Mathematics throughout the
topic relative frequency and probability.**STUDENT OF THE WEEK FOR: HONESTY****WEEK 4**

Name: Abbey Marks

Year: 8

Nominated by: Mr De Silva

Reason for nomination:Consistently applying her best efforts to
learning science, both individually and
collaboratively.***Interschools Equestrian Competition:***

Congratulations to Nadia Benedetti who is one of only four students to be selected to represent NSW at the Interschools Equestrian Competition. Nadia will be competing in the jumping section of the competition. We wish her all the very best.

***15's Girls Basketball***

Our 15's girls basketball team recently played their first ever game. Despite losing, the girls showed plenty of potential and spirit! Congratulations, Ladies!



CAPA NEWS

Music News and Dance News

Mrs Carroll, Mrs Hungerford and Miss Woloschyn Showcase

The annual Showcase evening will be on 30 August in the school hall. Tickets must be purchased prior to the evening and are on sale from Admin 1 from 15 August. The cost of each ticket is \$6. There will be a variety of music and dance items from Hunter River High, as well as items from our partner primary schools. The evening will commence at 7pm and conclude by 9.15pm. We look forward to seeing you there.



HRHS
CAPA Faculty
Presents.....

SHOWCASE 2016

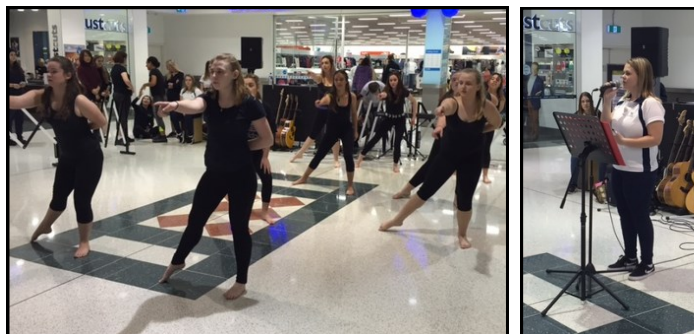


Education Week Performances

With Education Week this term, we have already had a variety of opportunities for our Dance and Music students to perform. Miss Woloschyn, Mrs Hungerford and Mrs Krick, with 30 CAPA students went to Raymond Terrace Marketplace to perform a 2 hour set of our works. This included the choir, small musical ensembles, and dance performances. The students that performed were fantastic

and represented our school well. All students displayed amazing talent in all areas.

These same students then performed the following day, at our Education Day celebration at HRHS. Congratulations to all of the students involved for the wonderful energy displayed and the for their effort with the performances!



SCIENCE & AGRICULTURE NEWS

Mr Abercrombie

The Yr 11 Primary Industries class has been studying the following units of competency recently; Work effectively in the industry and workplace communications. As part of these competencies the students look at work awards and conditions in relation to possible future employment. The students were provided with a presentation from Lisa Coultart, Senior Workplace Relations Consultant from the Anti-discrimination Board of NSW about Anti-Discrimination Law and their rights and responsibilities in relation to state and federal laws. It is hoped the presentation which included examples from court documents will enable the students to gain a better understanding of what discrimination is and how the best cope with it if they ever encounter it in the future.



SSS NEWS

Multicat Class

Mrs Cox

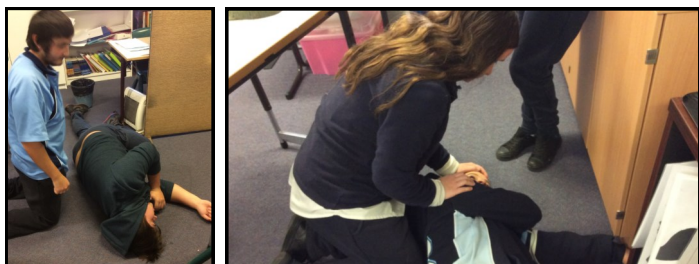
On Thursday 28th July the Multicat Class attended the School Leavers Disability Expo at Hunter Stadium. After browsing the exhibits and gathering some information, we headed into Nobbys to enjoy a beautiful lunch and a walk along the break wall where we spotted 10 whales.



Stage 5/6IM Update:

Mrs O'Rourke

In work and Community this term the students are examining first aid. They have been working through the 'DRSABCD' protocol to help them prepare for any emergencies. In class they have practised checking for a pulse and breathing and putting a patient in the recovery position.



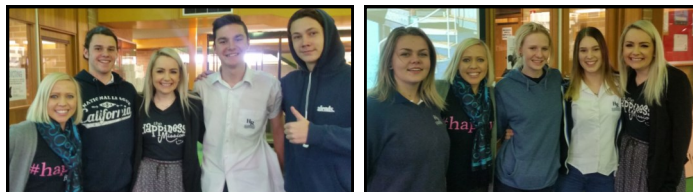
The students have recently visited the Leavers Expo at Hunter Stadium recently. Here, the students could meet with personnel from service providers to start planning for their life after school.

As part of the Education Day activities, the class decided to hold a lolly guessing competition and teacher baby guessing competition. Jake Long won the lolly guessing competition whilst Mrs Bottrill guessed most of the teachers correctly.



HSC Happiness Workshop

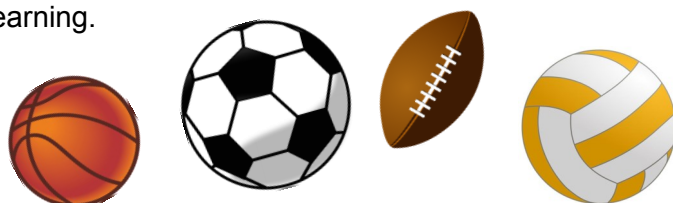
Last week, students in Year 11 had the opportunity to participate in the HSC Happiness Workshop. Carly and Tresne from the Happiness Mission ran a 2 hour presentation to assist Year 11 students with coping as they transition to Year 12. They learnt strategies and techniques to assist in managing stress along with planning and organisational skills.



GALA Sports Day

Mrs Carroll

Last Friday, Hunter River High welcomed Year 6 students from our five partner primary schools; Raymond Terrace, Seaham, Salt Ash, Tanilba and Karuah to participate in a Gala Sports Day. Despite the inclement weather, the day proved a huge success. The students participated in soccer, touch football, netball and indoor games. A big thank you to Year 9 PASS students who coached the 16 teams and Year 11 and 12 PASS students for umpiring. The students enjoyed a barbecue lunch and were introduced to some of the Hunter River High values including Gotcha draws and 8 Ways of Learning.



THANK YOU for supporting us!

Hunter River High School



We are happy to announce that so far, we have raised almost \$480 towards our fundraising — this would not be possible without your support.



There is still time to purchase the NEW 2016 | 2017

Entertainment™ Book or Digital Membership for your smartphone. Both memberships feature over \$20,000 worth of valuable offers your family can use from now until June, 2017.

Still priced at \$60, you only need to use your membership once or twice throughout the year and it will have paid for itself.

There are only a few Memberships left, so be quick!!

Did you know that the Entertainment™ membership contains **more than just great dining offers?**

You can save hundreds of dollars all year round on things you do every day like groceries & petrol along with shopping travel and more!



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...and many more!

Hunter River High School

Contact Name: Irene Ziembra

Contact Phone Number: 0249872306

To order your Book or Digital Membership securely online visit:
www.entbook.com.au/354a59

Alternatively, to purchase a book please complete your details below and return to the school front office:

I would like to order: _____ x Newcastle Book @ \$60 each (GST incl.) = \$_____

(Remember your digital membership must be ordered online at www.entbook.com.au/354a59)

Name: _____ Phone: _____

Child's Name: _____ Class: _____

Payment Type: CASH ☐ VISA ☐ MASTERCARD ☐

Credit Card No: Exp. Date: CCV:

Cardholder's Name: _____ Signature: _____

\$12 from each Membership sold contributes to our fund-raising.



Building parent-school partnerships

WORDS Vanessa Hamilton

Respectful Relationships – what do you need to teach your children?

At a time when children have so many external influences and 24/7 access to technology, it's easy for parents, carers and teachers to feel helpless. However it's more important than ever to facilitate a culture of respectful relationships and provide young people with the toolkit they need for healthy relationships and sexuality.

- ▶ Pornography is the most prominent sex educator for our young people: it is widely believed that at least 90% of young boys and around 60% of young girls having viewed it, some say 100% of young teens have viewed it.
- ▶ The most popular pornography seen is: violent, degrading, humiliating, intimidating, psychologically abusive, coercive and shocking.
- ▶ Parents can support their children by:
 - Providing the opposite environment and alternative views of the world, so when they experience these images, they can decode the almost comical/fake version of reality being depicted
 - Modeling respectful/appropriate/real relationships
 - Demonstrating the value of privacy
 - And creating a positive, enthusiastic culture around consent.

Mid-late Primary and early Secondary age is a critical time for our children's development and learning skills around friendships, partnerships and relationships. The popular culture and online world they are immersed in is providing them with inaccurate and adverse messages and images about what respectful human relationships look like.

Media, advertising, fashion, music, and popular culture are infiltrated with pornography concepts and gender inequality. Themes of power over another person, sexualisation of young women and men, aggression, violence and force in intimate encounters is so mainstream now it is seen as legitimate amongst many males, as well as females, in our society. Young impressionable people soak up this popular culture, and many have 24-hour access to it. Unfortunately this exposure coincides with their approach to and journey through puberty.

It is important for parents to acknowledge childhood sexuality. Every human is a sexual being; this begins at birth and

continues throughout their lifetime.

Adolescents begin their transformation into adulthood with their sexuality changing from simple awareness of gender, body parts, conception, birth and pregnancy into experiencing some of the following normal adolescent development:

- Increased interest in and curiosity about: relationships, pleasure, secrecy, privacy and the mechanics of intimate partnerships
- Experience feelings of attraction and desire
- Spending more time away from family
- Influenced by peers
- Many commence body and pleasure exploration 'alone time' (masturbation)
- Eventually they will have intimate experiences with others.

more on page 2 >>



Want more ideas to help you raise confident kids and resilient young people? Subscribe to Happy Kids newsletter, my **FREE** weekly email parenting guide at parentingideas.com.au. You'll be so glad you did.



... Respectful Relationships – what do you need to teach your children? ...

Here's the toolkit young people need for respectful relationships and intimate partnerships:

- An adequate vocabulary and communication skills
- Good decision making strategies
- Understanding of human sexual function and pleasure – for example: brain and skin are the two most important body parts, not just genital focus.
- Knowledge of how to prevent pregnancy and be free of STIs and how to take responsibility for this.
- A constructed view of self – their identity, sexuality, self-belief, self-esteem, a view of 'who am I?'

What can parents do?

Parents/carers and teachers may feel powerless against these prominent influences, when in fact, there is a lot we can do to facilitate a culture of respectful relationships for our young people. We need to provide them with alternative versions of relationships and sexuality.

We can start with:

- Providing the opposite environment and alternative views of the world, so when they experience these images, they can decode the almost comical/fake version of reality being depicted
- Modeling respectful/appropriate relationships

- Demonstrating the value of privacy
- And creating a positive, enthusiastic culture around consent.

TIPS FOR PARENTS

- Model respectful relationships to one another as well as good communication.
- Promote consent; explain that pressuring someone into something they are not into is not 'sexy', intimate encounters should always involve shared enthusiasm & motivation.
- Explain that real intimate encounters are so much better than what is depicted in porn and media; giving pleasure is as awesome as receiving it, especially when it is mutual.
- Take time to think about your vision for your child's sexual journey throughout their adult life: what role will you play in guiding this outcome? Hopefully words like these come to mind: fun, safe, happy, joyful, healthy, resilient, empowered, fulfilling, respectful, informed, able to experience shared intimacy and pleasure.
- Explain that porn is not how couples really have sex. Here is an analogy:
 - Just as car scenes in movies have explosions, crashes and speeding, that is not really how you drive a car. But normal/usual/fun/safe driving of a car is boring to watch on camera, so they fake it to look exciting.

- So too, intimacy and sex between two people is normal/usual/fun/safe but only enjoyable for the two people doing it, quite boring to watch on camera.
- Porn is 'made up' depictions of sex, the people are actors, the bodies and positions are altered and enhanced and most importantly that is not how two people relate to each other in real life.
- Lose your embarrassment and fears by stripping back (excuse the pun!) your layers of your own thoughts related to sex; your journey/fears/pleasures/regrets/behaviours/experiences are not part of the discussion. You need to give them accurate information and simple answers to their questions.
- Do not view sex as dirty or negative.
- Talk in the car, where you don't have to face each other.
- Give them reliable websites such as those found here: <http://www.talkingthetalksexed.com.au/young-people--sexual-health.html>

Vanessa Hamilton

Vanessa Hamilton has worked as a Sexual and Reproductive Health Nurse for more than 20 years, provided Sexual Health Education to a variety of groups and individuals for 15 years, and is also mother of 3 children. Vanessa is passionate about empowering the current generation of children with essential information for safe and positive relationship experiences over their lifetime. www.talkingthetalksexed.com.au



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