<table>
<thead>
<tr>
<th>Date</th>
<th>Event Details</th>
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| 8 March 2013 | Project Friday Year 12  
Year 12 History Extension and Society and Culture Excursion – State Library |
| 11 March 2013 | Motivational Media                                                          |
| 12 March 2013 | School Photo Day                                                             |
| 18 March 2013 | SWS Swimming – Bradbury Pool                                                 |
|             | Year 11 D & T Excursion                                                     |
| 19 March 2013 | UWS Fast Forward Event for Year 9  
Ambartour  
Premier Sporting Challenge |
| 21 March 2013 | Immunisation Years 7 and Year 9 Boys  
School Tree Planting Program                                                 |
| 22 March 2013 | Project Friday Year 12  
Royal Easter Show                                                             |
| 26 March 2013 | Athletics Carnival                                                           |
| 29 March 2013 | Good Friday – School Closed                                                  |
| 1 April 2013  | Easter Monday – School Closed                                                |
| 3 April 2013  | Year 12 Examinations  
Year 10 Speed Careering Morning  
Ambarvale High School Employers Breakfast                                        |
| 4 April 2013  | Zone Athletics Carnival                                                     |
| 5 April 2013  | Year 12 Half Yearly Examinations – Commences  
Year 11 Ancient History Excursion                                             |
| 8 April 2013  | Year 12 Half Yearly Examinations                                              |
| 9 April 2013  | Year 7 Meet and Greet  
Year 12 Half Yearly Examinations                                              |
| 10 April 2013 | Year 12 Half Yearly Examinations                                              |
| 11 April 2013 | Year 12 Half Yearly Examinations                                              |
| 12 April 2013 | Year 12 Half Yearly Examinations – Concludes  
Last Day of Term                                                              |
Welcome to the 2013 school year! This year is shaping up to be an amazingly innovative and exciting year for our school community.

We finished the 2013 year on an absolute high as a result of our amazing HSC results. Please see our congratulatory message on our website http://www.ambaryvale-h.schools.nsw.edu.au/. This is a copy of a public advertisement we placed in the Campbelltown Advertiser.

This year we are really gearing up for the implementation of the National Curriculum in 2014. We are committing significant funds and professional learning time to these very important changes in what and how we teach our students.

Our Year 9 Big History class is underway. This is a very exciting and innovative curriculum development for our school. I spoke last year about this international course and it’s significant to the 21 Century landscape. Only last week, our school hosted educators from Korea and America, keen to see what we are doing with this course.

We recently had an Expression of Interest out for a Stage 4 (Years 7 and 8) and a Stage 6 (Years 11 and 12) Learning Adviser. These are additional staffing positions made possible through our inclusion on the Transitional Equity funding program. We hope to fill these positions in the next week or so.

A major component of the Learning Advisers role will be to co-ordinate our Student Learning Conferences in early term three this year. As you know, Student Learning conferences will replace the old Parent Teacher Night and will offer parents an opportunity to talk deeply about their child’s learning and to be part of the setting of learning goals. It is an exciting improvement on the Parent/Teacher Interview and we look forward to working with you on this initiative.

At the back of this Ambargram you will find a Parent Survey on our Communication Systems. As part of a whole school review of Communication Systems at the school, we welcome parent feedback regarding the efficacy of our communications within our community. Please consider completing the survey and returning it to the Office.

Recently all families have received a letter in the mail offering them the opportunity to be part of our Attendance SMS System. Parents who ‘opt in’ to this system receive an automatic SMS when their child is not in Roll Call that day, and hence has been marked absent. If you haven’t yet completed the return slip and would this service, I encourage you to do so and return it to the box in our Office. A copy of the letter posted home is included in the Ambargram.

A big thank you to all our fabulous staff at the school who have made the start of our year such a terrific one. We are blessed with the sheer number of outstanding and committed professionals, both teaching and non-teaching, who call Ambarvale High School ‘home’ during the school year. They are amazing!
Greetings and welcome back to 2013.

At the time of writing this report, Mrs McMahon is enjoying an overseas holiday. I am relieving DP whilst she is absent and have a few brief points to mention:

- Congratulations to all of the students who have made a successful transition back into the school year. The vast majority of you look eager to learn, are dressed in our school uniform and have settled into 2013 with ease. Keep up the good work; we are proud of your efforts.
- The Ambarvale High School values are the foundation from which we build our school community. Trust, Respect, Responsibility, Excellence and Co-operation are values that we expect students at our school to display through their behaviour, both in class and in the playground. Our School Discipline Policy is based around trying to find a supportive resolution to conflict and we regularly reinforce everything we do as a teaching staff through referring to our school values. We believe that they are imperative to our daily business and hope that our students and their families support us with these ideals.
- Please be aware of the dangers associated with the inappropriate use of technology. Phones need to be switched off and in the students’ bags when they enter a classroom. If a teacher asks for a student to hand over their phone, the student needs to follow instructions. Phone issues should not have to be referred to the Head Teacher or the Deputy, but unfortunately this is happening far too often. If there is a major problem, the student needs to speak with their Classroom Teacher, the Head Teacher of the Faculty, their Year Adviser or the Deputy who is allocated to their specific year group. The use of mobile phones in schools is a privilege, not a right, and students need to respect the school policy. For further information on DEC policy please consult the DEC website: https://www.det.nsw.edu.au/policies/index.shtml
- Year 12 Half Yearly Exams start at the end of Term One. Students and families need to be prepared for this period and dedicate their efforts to achieving the best results possible. Good luck with your preparation. It won’t be long before your HSC begins, so make the past 13 years worthwhile by trying your best.
- Our annual AMBARTOUR is coming up on 19 March 2013. It will be running from 5.30pm until 7.30pm and will be an opportunity for local families to come into the school and learn about what fantastic opportunities Ambarvale High presents to our students. If you know of any local families who might be interested, then encourage them to visit on the night.

Deputy Principal's Report
Ms M McKenzie
Years 7, 9 and 11

Well done Year 7 on a great camp and a big ‘thank you’ to the staff who went to the camp and gave up their comfy beds for two nights. The food was great and the activities were fun, especially Skirmish.

I was alarmed at the amount of lollies the students were consuming which led to many of them not eating their dinner. Hopefully this was just the novelty of the camp and not a pattern. Diet is, especially a diet high in protein and vegetables, essential for success at school as well as general well-being.

As this newsletter goes to print the Year 7 students will have attended their first high school swimming carnival. I have included in this Ambargram the letter I sent home to Year 7 parents. Please refer to this letter for upcoming events.

Year 11 are well and truly entrenched in their senior studies. A number of students have successfully gained places in TAFE and have dropped a subject because they have replaced the subject with a TAFE subject. They must finish that TAFE subject or they will not have enough units to complete Year 11 Board of Studies mandatory requirements.
Please note that Year 11 have their first lot of subject assessments in Weeks 5, 6 and 7. I have included the Year 11 Assessment Schedule in this Ambargram. All Year 11 students have the Assessment Policy and Procedures, which outlines all their assessment tasks.

If a student is absent on the day of an assessment task, due to illness they must supply a Doctor’s Certificate to support their reason of absence within two days of returning to school. The Doctor’s Certificate must be issued on the day of absence, it cannot be backdated. A note from a parent will not suffice.

Where a student misses an assessment task and there is not documentary evidence a zero mark will be awarded but the student will still be required to complete the task.

Year 11 is a massive change from the junior school and students to be successful, must put in extra hours at home. Last years, Year 12 students achieved amazing results through consistent effort and diligent completion of classwork and assessment tasks.

The key to success in the HSC is a consistent approach to study and nightly revision of course content. No Year 11 student should say to their parents that they have no homework. I am looking forward to the next two years and watching our students flourish and grow as learners.
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<th>WEEK</th>
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<td>SFR VET Week 1 – 9 Ongoing SLR Week 1 – 9 Ongoing</td>
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<td>Chemistry Food Technology Photography Chemistry Music</td>
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<td>General Maths Mathematics Legal Studies</td>
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<td>Physics Society and Culture</td>
<td>Chemistry Industrial Technology Photography</td>
<td>Biology English Advanced English Standard Food Technology Chemistry</td>
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<td>6</td>
<td>Biology English Advanced English Standard English Studies Hospitality Information Processes and Technology Modern History</td>
<td>English Studies</td>
<td>English Studies Industrial Technology Information Processes and Technology SLR Photography Music</td>
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<td>8</td>
<td>Business Studies Maths Ext 1 Work Studies</td>
<td>Ancient History CAFS Design and Technology Work Studies Photography</td>
<td>Yearly Examinations</td>
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<td>10</td>
<td>Ancient History English – Extension 1 PDHPE Visual Arts Photography Music</td>
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<td>11</td>
<td>Geography Visual Arts Music</td>
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*Exams for all courses unless otherwise stated by teacher.

*Examination timetable to give exact times of all exams.
Dear Parents

Welcome to Ambarvale High School Community. Your son or daughter will now have completed their first week of high school; a massive landmark!

I would like to extend my congratulations and gratitude to you on the excellent start Year 7 have made to their first high school year. A strong partnership between home and school is an excellent recipe for success in high school.

To ensure that your child continues to make a smooth transition, the following tips will be useful:

- Check your child’s timetable to make sure the correct books are packed each day.
- Provide a healthy lunch (growing children have large appetites).
- Make sure your child has their diary and knows how to use it.
- Insist on correct uniform including black leather shoes.
- **If your child has a medical condition or develops a medical condition let the school know straight away and work with us if a Health Care Plan is required.**
- Be positive about school and learning.
- Encourage reading.

Also there are a number of important dates for your child’s diary:

- **Peer Support** 12 February 2013 (in School)
- **Year 7 Camp** 20-22 February 2013 at Wedderburn
- **School Swimming Carnival** 27 February 2013 at Bradbury Pool
- **Immunisation** 21 March 2013 (in School)

The school camp is a great event and allows Year 7 to bond as a group. The camp provides many fond memories for students. If you have any concerns about the camp or are experiencing financial difficulty please do not hesitate to contact the school about information around payment options and Student Assistance.

Once again welcome to the school and we are looking forward to getting to know you and your children in the coming years.

If you have any concerns about how your child is settling in, please do not hesitate to contact either Ms McKenzie Deputy Principal In-Charge Year 7 or your child’s Year Adviser’s Mr Demertzis or the Assistant Year 7 Adviser Mrs Koens.

Ms L Barnott-Clement
Principal
4 February 2013

Ms M McKenzie
Deputy Principal

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* Health Care Plans are required for students who have been diagnosed with anaphylaxis, epilepsy, diabetes, severe asthma or other serious or chronic conditions.
Comings and Goings
In 2013 we are very happy to welcome Ms McGregor back after her year in Melbourne. The school and Year 10 were very happy to see her.

Ms Iskander and Ms Burcher left us at the end of 2012 to have their babies and now both are on leave for the year. Mums and new bubs doing well we hear.

We will be sad to lose Ms Irlam to retirement in the next few weeks after many years here at Ambarvale. The Support Unit will not be the same without her.

Attendance
It is a new year and a new chance to improve your child’s attendance at school.

Research shows that school attendance and achievement, both in school and post school, are directly related. Those who come to school often get better jobs than those whose attendance is poor.

It is very important that parents get their children to school.

Not only is it the law that students attend every day they are well enough to do so, it is socially and academically essential.

- A student can’t engage with learning if they are constantly absent.
- Attendance is the most basic requirement for a school education. If your child is not at school, they can’t make progress in class.
- Please make every effort to get your child here every day.

If your child cannot come to school it is essential that you ring or write a note explaining the absence on the day of your child’s return. Unexplained absences draw the attention of the District Home School Liaison Officer.

ATTENDANCE COUNTS!

be here!

Every day, all day, all the way!
The English Faculty is pleased to welcome back all our students and in particular, the new Year 7, who have made a great start to the year. 2013 promises to be a great year, especially for those students who make the most of all their learning opportunities.

The English Faculty remains stable this year, with all the 2012 staff back, plus the welcome addition of Mrs Louisa Stanford, who is returning from maternity leave. Head Teacher, Ms Danielle Vandenberge, continues her maternity leave until the middle of the year. In her absence, any parent who would like to discuss the progress of their child, please feel free to contact Mr Mark Johnston.

All years are well and truly into their Term One course work. Year 7 students have been given a time to reflect on their lives with the unit ‘My World’. Year 8 students are handling the topic of ‘Growing Up’, which is a relevant theme to discuss in a range of texts and their own lives. Year 9 students are doing the Area of Study, Survival, where they are looking at short stories, documentaries, novel and film to draw conclusions about this issue. Both Years 8 and 9 students will be completing an exposition/persuasive writing assessment task later in the term, where they will be required to discuss a class text and one of their own choosing. Year 10 students have started their academic program with a close study of a novel. Selections include the newly purchased ‘Swerve’, ‘Mice’ and ‘The Book Thief’. Their first assessment task, later in the term, will be based on their class novel. Year 11 students have started with a taste of an Area of Study, as a pre–cursor to their HSC progam. Entitled ‘Journeys’, all advanced and standard students are working on this topic. Year 12 students are into their second module, and will be assessed on their work so far in their half yearly exams. With this in mind, it is timely to remind parents that they should be encouraging their students to develop a regular pattern of home study, solidly preparing for all assessment tasks. This will ensure the best learning outcomes for all. When preparing for tasks, please encourage your child to discuss the requirements with their classroom teacher. They will be happy to help.

Lastly, Year 9 and Year 7 students will be spending some time in class preparing for the 2013 NAPLAN testing in May. Students will be taken through a series of lessons where their classroom teacher will look at the areas assessed by NAPLAN, such as reading/comprehension, language, grammar and writing. A booklet has been published for students to use in preparation, and the Year 9 Cross–form Assessment Task will prepare them for the persuasive writing section of NAPLAN.

The Faculty is looking forward to working with the students of Ambarvale High School throughout the rest of this term.

Transition Adviser/Senior Work Studies Coordinator/English Teacher
Mr Herrmann

This year is once again shaping up to be an exciting and rewarding year for all students particularly those who are keen to embrace the opportunities on offer at Ambarvale High School.

Students in Year 12 Work Studies are traveling to Bluescope Steel at Port Kembla in Week 6, Term 1 as part of their ‘Social Issues and Work’ Unit which deals with major environmental concerns confronting society, eg pollution, waste management, resource management, industrial recycling, sustainability.

In Term 2 a cross curricula initiative will see Year 12 Work Studies & Hospitality students given the opportunity to complete a Barista Course 1 and 2 in Sydney which will be subsidized by the school.

In Term 2, ten lucky Year 11 students have signed up to complete the first stage of a Certificate 2 in Outdoor Recreation through Lithgow TAFE from Friday 3 May 2013 – Sunday 12 May 2013. Over the 10 days students will participate in canoeing, rock climbing and canyoning.
Three Year 12 students, Molly Hanlon, Bao Nugyen and Stuart Pavitt, completed the first stage of this Outdoor Recreation Certificate in the Blue Mountains last year will travel to Barrington Tops Education Centre on the 8 March 2013 for ten days of white water kayaking, indoor rock climbing, bushwalking and abseiling and will achieve a Certificate 2 in Outdoor Recreation.

Mathematics Report
Ms M Degning - Relieving Head Teacher Mathematics
Mathematics Faculty
Mr Cave, Mr Lucas, Mr Qu, Ms Zheng, Ms Simpson and Ms Dobbins

A very big welcome to all of our new students and of course our returning students. We are off to a good start with classes settling well and many students already working hard. Our faculty is a dedicated group of educators who enjoy teaching the wonders of the mathematical world. We seek to inspire students to broaden their outlook of the world by illustrating the mathematics taught in the classroom with real world examples and problems.

In order for our very successful results to continue from last year can you please ensure that your child brings all the necessary equipment to each lesson including a Board of Studies approved calculator.

Mathematics is taught to all students in Junior School (Years 7–10) and is optional in the Senior School (Years 11 and 12). In Years 11 students may choose to study General Mathematics or the harder Mathematics and Mathematics Extension 1 course.

From 2014, students who elected to study General Maths in Year 11 students will have two options of study for their HSC Year: Mathematics General 1 or Mathematics General 2.

The HSC Mathematics General 1 course is an additional course in the suite of Stage 6 HSC Mathematics courses. It has been designed to better meet the needs of students who wish to study mathematics in Stage 6 but whose purposes are not accommodated through the study of the HSC Mathematics General 2 course. As for other Content Endorsed Courses, the HSC Mathematics General 1 course will be subject to internal assessment only, and not formal examination at the HSC.

What is similar?
The content of the Preliminary Mathematics General/HSC Mathematics General 2 pathway is similar to the content of the 1999 General Mathematics Stage 6 Syllabus. The Preliminary Mathematics General course, the HSC Mathematics General 2 course and the HSC Mathematics General 1 course are divided into the same five Strands. These Strands are, in general terms, the same as the Areas of Study in the General Mathematics course:

- Financial Mathematics
- Data and Statistics
- Measurement
- Probability
- Algebra and Modeling.

What is different?
The Focus Studies in the Preliminary Mathematics General course, the HSC Mathematics General 2 course and the HSC Mathematics General 1 course are mandatory. Each of the Focus Studies is designed so that it can be programmed over a continuous time period. The Focus Studies provide students with the opportunity to apply and develop further the knowledge, skills and understanding initially developed in the Strands, as well as introducing some new mathematical content. It is intended that students develop, through the Focus Studies, the capacity to integrate their knowledge, skills and understanding across the Strands, and that they are involved in identifying a broad range of up-to-date contextualised resources for interpretation and use in meeting the requirements of the Focus Studies. The Preliminary Mathematics General course contains two Focus Studies that have been designed for approximately one-third of the course time:

- Mathematics and Communication
- Mathematics and Driving.
The HSC Mathematics General 2 course contains two Focus Studies that have been designed for approximately one-third of the course time:

- Mathematics and Health
- Mathematics and Resources.

The HSC Mathematics General 1 course contains four Focus Studies that have been designed for approximately two-thirds of the course time:

- Mathematics and Design
- Mathematics and Household Finance
- Mathematics and the Human Body
- Mathematics and Personal Resource Usage.

Mathletics
Ambarvale High School has purchased the use of Mathletics for students in Years 7 to 10. It is a great resource and is fun for the students to use. Please encourage students to use it at every opportunity, and if you don’t have internet access, there is an app available through the Appstore or Google marketplace that can connect with a smartphone, tablet or iPod.

Over the course of this term we will be showing students how the software may be utilised to revise their work and study for exams, including the sections that are devoted to NAPLAN.
Welcome to Science in 2013!

We have had a wonderful start to the year! It has been wonderful to return this year and see so many students eager and enthusiastic to learn our subject. In particular, all our Year 7 students have obtained their Bunsen Burner Licence and are ready to undertake experiments with safety and competence.

Science Club will again be running on Thursday at lunchtime. I encourage all enthusiastic Science students to participate in this wonderful opportunity for extended learning. The Science Club will be run by Miss Potts and Mr Brankovic. Students will be given the chance to compete in model building tasks and experiments against other students within the school. Some of the activities already planned include:

- Building a mousetrap car
- Constructing a hot air balloon
- Participating in the National Solar Car Challenge
- Saving an egg from a drop
- Modelling Car Seat belts
- Constructing a motor

Students will be working as individuals or teams. The aim of the club is to create a positive learning environment through Science!

Mr Creevey will be taking his Year 11 Biology class to Wooglemai Environmental Education Centre for an overnight field trip. Students will undertake their learning activities in a natural setting and be given the opportunity to apply their learning to a habitat study.

Mr Brankovic and Miss Potts are organising for our Senior Physics and Chemistry classes to attend workshops and study days at local universities. This is another wonderful opportunity for students to learn outside of a classroom and also obtain a valuable insight into what study at a university is like.

Just a reminder that students are required to bring the following equipment so that they are prepared for learning in Science:

- Their Science book (covered in contact to prevent damage)
- Pens
- Ruler
- Pencil
- Enclosed leather shoes for practical/experiments

If you have any questions or students have any positive suggestions on activities that they would like to do in class please don’t hesitate to contact the Science Faculty.

PDHPE/Sport Report

Mr Yee – Relieving Head Teacher PDHPE
PDHPE Faculty
Ms Bell, Ms Murray, Ms McGregor, Ms Oswald, Mr Palmer, Ms Roger, Mr Spruce, Ms Stevens, Ms Wilson and Ms Wira

Ready, set, go! We are off again for another exciting year. I trust that everyone had a refreshing Christmas break. At the end of 2012, the PDHPE Faculty said their partial goodbyes to Mrs Iskander and Mrs Burcher as they take on motherhood for 2013, both who have had their precious bundle of joy over January and both respective mothers and child are doing great.
On top of the exciting events that are being planned for 2013 we welcome new faculty members and returning faculty members to the PDHPE staff. I would like to officially welcome back Ms McGregor whose expertise was missed by staff and students in 2012 and for the first time Miss Stevens – who has been working with the Applied Technology Faculty for the past couple of years.

I would like to take this opportunity to remind parents and students of the specific requirement of PDHPE. All students require an exercise book for theory lessons (plus their Laptop – for students in Years 9 – 12) and their full PE uniform for all practical lessons, consisting of navy blue shorts/ tracksuit pants, PE/sports shirt and appropriate shoes (no Raebans). This information has been outlined in more detail in a blue note that was issued to all students during PDHPE and sent home to parents. If you did not receive this note, please do not hesitate to contact me at the school.

As most people would know by now ‘Sport Days’ have changed for Year 10 and Year 11. Listed below are the ‘Sport Days’ for the different year groups.

| Year 7 | Tuesday WEEK 1 ONLY |
| Year 8 | EVERY Wednesday |
| Year 9 | EVERY Wednesday |
| Year 10 | EVERY Thursday |
| Year 11 | EVERY Thursday |

This means ‘Sport Day’ will be different for different year groups. On their ‘Sport Day’ students are to come to school wearing their sport uniform and are to wear their sport uniform all day. Any student who does not turn up to school in their sport uniform will be issued consequences. Students are permitted to bring a change of ‘sport shirt’ if they require a change of uniform after their sport periods.

**HSIE Report**

*Mr M Owen – Relieving Head Teacher HSIE*

*HSIE Faculty*

Ms Arts, Mr George, Mr Gill, Ms Iturrieta, Ms Khan, Ms McMahon, Ms McMullan and Ms Simpson

Welcome back to a fantastic 2013! So far, HSIE has been full steam ahead with teaching a range of subjects to students throughout Years 7 – 12.

Students in Year 7 have begun their History course which is full of exciting World History to give them an enlightened and educated view of the world. Students in Year 8 have switched from History to Geography this year after completing the Stage 4 History course. These students are starting to look at World Heritage and the importance of geographical sites.

Stage 5 students will be beginning Year 9 and continuing Year 10 their development of historical and geographical knowledge. There has already been some good feedback from students regarding the History National Curriculum!

Stage 6 students have settled in well to the vast array of HSIE subjects and are looking forward to a range of exciting upcoming opportunities such as the Year 11 Geography Camp to Killalea.

HSIE would like to offer all students an opportunity to join the ECO Club which meets at lunchtimes to develop ideas around environmentalism. Anyone with a green thumb and good environmental values is invited to join!

There is also the opportunity this term for many students to partake in the National Geography and History Competitions. These will be offered to students towards the end of the term and we look forward to seeing even better results than in the past!

Good luck with the rest of Term 1!

**Big History report**
Sarah, Chris, Karl and Jenny,

I wanted to thank you all for inviting us to SCEGGS Redlands and to Ambarvale High School. We all greatly enjoyed the visits and were inspired to see you and your students apparently getting so much out of big history. I thought the students were brilliant and they asked some superb and really deep questions. But it is also exciting for me because, as I said, this really is a collaborative effort, something I think we and our students are building together.

So I want to wish you all the best and hope you and your students have a lot of fun. We really appreciate having been invited to your schools and welcomed so warmly!

David Christian

The current crop of Ambarvale High Big History students can look forward to ongoing collaboration projects with Macquarie University and schools around the world. They are true pioneers in the educational sphere. If you are interested in history and science, big ideas, big questions and generally the ‘whole story’ of civilisation from the ‘big bang’ through to the future, then have a look at the website – [http://www.bighistoryproject.com/](http://www.bighistoryproject.com/)

Support Unit
Ms A Berry
Head Teacher Support
Support Faculty
Ms Andrews, Mr Demertzis, Ms Irlam, Ms Reilly, Ms Saleh, Ms Saravanan, Ms Martin and Mrs Reynolds (Admin). SLSO’s – Ms D Halpin, Ms Jones, Ms O’Brien, Ms Reardon, Ms Reiha, Ms Tionville, Ms Vitale and Ms Woollams

A very warm welcome back to school! I trust that you all had a very relaxing break with your families. The Support Unit has been on full throttle since coming back with students engaging in quality lessons and activities with their dedicated and enthusiastic teachers.

In Week 3, a number of our senior Support students began a new educational journey by enrolling into a TVET course at Campbelltown TAFE. We have students participating in discrete courses in the areas of Hospitality, Retail, Metals and Engineering, Transport and Logistics and Automotive. I’d like to wish them all the very best for successful results and experiences that will carry them well into their future.

Support Sport is on again every Wednesday. Students are expected to wear full PE uniform on this day. Students are currently participating in activities such as tennis, volleyball and fitness. With the weather still being quite warm we are requesting that students bring their own block out and bottle of water to school.

On Friday, 22 March 2013 invited students will be attending an excursion to the Royal Easter Show as part of a Science Unit on Living Things. As stated on the note sent home, all ticket orders need
to be received by 1 March, 2013. Please contact Mrs Berry at school if you need any additional information.

Years 10–12 students have been allocated a DER laptop computer over the past few years (Year 9 has yet to be allocated). Students who have a laptop must bring it to school fully charged each day. Many students are forgetting to do this and it impacts on the smooth running of lessons. Remember, it is the student’s responsibility to ensure laptops are charged and brought to school so that they can maximise their learning opportunities.

Term 1 is a time where we focus on having our ITP (Individual Transition Plan) meetings. This meeting involves the class teacher, student, parents/caregivers, and at times other personnel such as the Head Teacher, School Counsellor or a representative from an agency that may be working with the family. The ITP gives the school and home common goals to work toward and assists with driving the development of IEPs (Individual Education Plans) and teacher programming. Teachers are sending notes home for you to make an appointment with them for one of their non-teaching periods.

What does your child have for breakfast? Some of our students are coming to school without having anything to eat or are buying junk food and energy drinks at the shops. It is very important that everyone has a healthy breakfast upon rising to give them the energy they need for the day. Energy drinks are banned and have no place at our school. We have a special breakfast (Toasties ☕ put on in the Common Room every Tuesday and Thursday for those who are time poor or extra hungry on those days.

**Upcoming Dates:**

- 12 March – School Photos
- 22 March – Support Unit Royal Easter Show Excursion
- 26 March – Athletics Carnival

**CAPA**

*Mr D Olsen*

**Head Teacher CAPA**

**CAPA Faculty**

*Ms Hamilton, Ms McAteer, Ms Murphy, Ms Summerfield and Ms Sutton*

**Welcome**

2013 is shaping up to be a very eventful year for the CAPA faculty. We look forward to working with new and returning students.

**Equipment Requirements**

By now the students are half way through term one and already producing some excellent work. It is very pleasing to see that most students have the correct book and equipment for their classes. Visual Arts Diaries are available at the office during recess and lunch.

**HSC Results**

I’d like to congratulate the 2012 HSC students on their results. The ‘Project Friday’ program proved successful for our Music and Visual Art students, allowing them to focus on their practical work for long periods of time.

**Year 7** students have settled in well in Visual Arts and Music. They are currently learning about instrument families and the Elements of Design. They will participate in the ‘My World’ cross curriculum task later in the term.

**Year 8** students are revising the Elements of Design before commencing a unit on Masks. Music students are currently studying music from various forms of Rock and Pop music.

**Elective Subjects**
The new classes in Years 9 and 11 are settling in well and Years 10 and 12 are back in the swing of things.

Photography students will need to purchase their own 2gb SD memory cards for use in the digital cameras. This will enable students to keep track of their work throughout the year.

Fees
The payment of fees is extremely important to our faculty. Our subjects use an enormous amount of resources and equipment. A big *thank you* to all parents who have already paid fees. If you are having difficulty paying, please feel free to pay by instalment each term. The collection of fees is vital to the running of the CAPA faculty. The money goes to purchasing new equipment and resources and maintaining our existing equipment.

Our fees are:

<table>
<thead>
<tr>
<th>Year</th>
<th>Subject</th>
<th>Amount</th>
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<tbody>
<tr>
<td>7 and 8</td>
<td>Visual Art</td>
<td>$15.00</td>
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<tr>
<td>9 and 10</td>
<td>Music</td>
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<tr>
<td></td>
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WELFARE
Ms Wilson
Head Teacher Welfare

Welcome back to another exciting year at Ambarvale! We have lots planned around student welfare and the Welfare Team are extremely excited to be a part of it.

Year Advisers for 2013 are:

**Year 7**
Year Adviser – Mr Demertzis  
Assistant Year Adviser – Mrs Koens

**Year 8**
Year Adviser – Miss Potts  
Assistant Year Adviser – Miss Murray

**Year 9**
Year Adviser – Miss McGregor  
Assistant Year Adviser – Mrs Bridle

**Year 10**
Year Adviser – Miss Iturrieta  
Assistant Year Adviser – Mr Koens

**Year 11**
Year Adviser – Miss Wira  
Assistant Year Adviser – Mrs Zabell

**Year 12**
Year Adviser – Mr Owen  
Assistant Year Adviser – Ms Bell

**Student Support Officer** – Amy Smith

**Counsellors**
*Monday/Tuesday/Wednesday* (After 12:00pm) – Lauren Askew  
*Thursday/Friday* – Jennifer Mansour
This term sees Vaccinations for our Year 7 students and the Year 9 boy’s cohort. Year 9 boys will be receiving the HPV Vaccination and will be participating in a workshop during Roll Call to gain an understanding around the vaccination. Year 7 students will receive a series of vaccinations throughout the year. The first round of vaccinations for Year 7 and Year 9 boys will be on Thursday 21 March 2013. Information and vaccination forms will be sent home in the coming weeks.

Motivational Media is back again this term with their production ‘Mad For Life’. The show is a multi-screen massive movie that represents young people and their experiences throughout life. It’s a fantastic movie and is coming to school on Monday 11 March 2013. Cost for entry is $2.00 and information will be sent out in the coming weeks.

Enjoy the term!

Student Support Officer
Ms A Smith

2013 will see a lot of wonderful programs and opportunities for students taking place within the school, as the school’s partnerships with local youth services continue. This term Macarthur Diversity Service is running the ‘Respect You Respect Me’ program, which focuses on strengthening life skills, resilience, and forming positive connections to the community, through practical activities, group work and training opportunities.

Friday 15 March 2013 is the National Day of Action Against Bullying and Violence and there are a number of activities being organised to take place on the day. Issues of bullying are taken very seriously at Ambarvale High School, and we aim to create a safe environment and promote a culture that celebrates positive relationships, and values differences and diversity.

The ‘Bubble’ in G Block has been given a makeover and will soon be getting a new name to go with its new look. The weekly youth drop-in is taking place here again this year, with Youth Workers from YWCA and Uniting Care Burnside coming along on Wednesdays at lunch time. Students are encouraged to come and get involved in some of the activities happening here, or to just chill out and catch up with friends.

I’m really looking forward to working with students throughout the year on a range of exciting programs and opportunities, and getting to know students I haven’t yet had the pleasure of meeting.

Year 7 Report
Mr A Demertzis, Year 7 Adviser
Mrs G Koens, Assistant Year 7 Adviser

Hello all and welcome to 2013 at Ambarvale High School. It is wonderful to see that Year 7 students have transitioned from primary school to high school with ease. It is evident that they are working well and are striving to achieve their very best.

It is terrific to go to each Year 7 Roll Call of a morning and be faced with our Year 7 students wearing their uniform with pride. We are pleased to see that our school community is being represented so well. Responsibility is one of our school values and wearing uniform correctly demonstrates that the students of Year 7 are responsible individuals.

We encourage all students to remain organised and make sound use of their diary. This is an excellent tool that has been provided to each Year 7 student and it enables them to keep a record of due dates for assignments, assessment tasks and homework. It can also be utilised by parents and carers as a communication tool between home and school.

Bus passes are still being processed by the bus company. They are given to students when we receive them here at school. Should you have any queries regarding bus passes please direct them to the Office.
We are here to assist you with all aspects of student life. Should any concerns arise, don’t hesitate to contact either of us.

Year 8 Report
Ms S Potts, Year 8 Adviser
Ms R Murray, Assistant Year 8 Adviser

Welcome to the new year! Finally you are not the babies of the school anymore. With saying this, we hope that everyone in Year 8 students start to model the TRREC values for our newest members of Ambarvale High School, the Year 7 students.

There is an emphasis on uniform this year and your Roll Call teachers and the Head Teacher will be checking the following:

- Correct shoes – must be black and enclosed.
- School skirts must be closer to your knee than your backside.
- PE uniform can be worn all day on Wednesdays (SPORT DAY), however you will need to bring a change of clothes on your PDHPE.
- Girls can wear the school shorts with the emblem instead of a skirt.

If you do not have the right uniform, please bring a note explaining why. Please talk with us if you have a concern or issue with your uniform and we will try to come to a solution.

Please ensure you bring the correct equipment to school every day, check your timetable and pack your bag the night before. Please come and see myself (Miss Potts) if you are having a problem organising your equipment and you can receive some help.

Miss Murray and I thoroughly enjoy working with you all and look forward to working with you closely again this Term.

Year 9 Report
Ms K McGregor, Year 9 Adviser
Ms B Bridle, Assistant Year 9 Adviser

So far we have had a great introduction to 2013! We have welcomed back Ms McGregor as Year Adviser and things are running smoothly. We have had a very positive start to this term and everyone appears to be settling in well. It is good to see students are enjoying their two elective classes and have established a routine.

Unfortunately, there have been some incidences of bullying. It is important that students and parents are aware of the fact that Ambarvale High School takes cases of bullying very seriously. If students are found to be bullying other students, the appropriate consequences will be put in place by teachers and deputies. We have a zero tolerance policy on this issue.

Students are encouraged to observe the fortnightly TRREC value and ensure they continue to be positive, productive learners at all times. Students need to ensure they are following school rules, wearing the correct uniform and technology is off and away at all times. This is already becoming an issue around the school and I encourage all students to follow the rules that are in place to ensure the best possible learning environment.

Ms McGregor and I encourage everyone to continue to use their school diaries to keep organised and up to date with assessment tasks and homework. Teachers will expect students to be more independent and reliable now that you are all in Stage 5 of your learning. How time is flying!

Be sure to come and see Ms McGregor or myself if you have any concerns at all.

Keep up the good work Year 9!

Year 10 Report
Ms K Iturrieta, Year 10 Adviser
Mr M Koens, Assistant Year 10 Adviser
A big welcome back to all of Year 10, I hope you had a safe holiday and are ready for another year at Ambarvale High School. 2013 is a very important year as this is the year to achieve a ROSA, which stands for Record of Student Achievement. It is also time to start thinking and planning for your future. There will be many opportunities for Year 10 students in particular, to be involved in programs to help them on their path.

Congratulations to all of those students who are already showing their leadership skills as Peer Support Leaders. I wish them all the best and hope they do an excellent job setting a good example to our new Year 7’s. A special thanks to all Peer Support Leaders attending the Year 7 Camp, I am positive they will learn a lot about themselves and what it takes to be a leader. Good luck to all students involved!

The Career Adviser, Mrs Ellem will be working closely with Year 10 this year. This term, all of Year 10 will be involved in the ‘Employer Breakfast’ and ‘Speed Careering’ which will be on Wednesday 3 April 2013. This will be a great occasion to meet with employers from the community and see what opportunities are out there.

Mrs Ellem will also be organising an Apprenticeship and Trade afternoon which is a hands on information session for anyone interested in a trade or apprenticeship. This will be held on Wednesday the 10 April 2013.

As it is the beginning of the year, I would like to remind all parents and students that we have a high expectation that full school uniform should be worn at all times. If your child is unable to wear the correct uniform please inform us by providing a note which will temporarily solve the problem. Or please contact Head Teacher, Welfare, Assistant Year Adviser or Year Adviser.

Well done to all Year 10 students who are following our TRECC values and are always working to the best of their ability. Our school is a better place when we do the right thing. Keep up the great work Year 10!!!!

**Year 11 Report**

*Ms J Wira, Year 11 Adviser*

*Ms M Zabell, Assistant Year 11 Adviser*

It has been an exciting yet overwhelming start for Year 11 students this year. Many students have and are struggling to come to terms with the enormous leap in both expectation and work load. This being said it is vital for students to become MORE ORGANISED both at school and at home. I have handed out a ‘Senior Study Assistance Booklet’ to all Year 11 students which has contains many helpful study and organisational strategies to assist them in reaching their full learning potential and keep their stress levels down. I am aware your assessments are starting to roll and now is the time to start organising your time at home to help you complete your tasks efficiently. If you look at the back of the ‘Senior Study Assistance Booklet’ there is three organisation templates to help you organise your time and set time aside for your assessments.

Congratulations on your uniform! Nearly the whole year group is in full school uniform and you all look amazing. It is important you continue to wear your full school uniform as you are the senior students and the junior school look up to you and model your behaviour SO BE A STRONG ROLE MODEL.

You would have received your Year Matters make sure this is on the fridge or somewhere visible so you are aware of the tasks and important dates coming up. As senior students (and considering you only have two years of carnivals left EVER) please make the effort to attend each carnival and support both your school and your peers. Your attendance and cooperation demonstrates the respect and value we place on ourselves and our school within the community and as senior students you are expected to be the pinnacle of these qualities.

Year 11 students have had an awesome start to 2013, and this will need to continue for the rest of the year.

Keep up the great work.
Welcome to Term 1 and the last year of your high school studies.

This is an exciting and very busy period of our Year 12 student’s lives. All students, regardless of their career path should be aiming to achieve their optimum results across their courses.

This requires diligence and consistent effort in the classroom and in their home studies. I recommend students balance their after school activities between study, relaxation and work commitments if applicable. However the focus should be on their studies.

If any students are feeling overwhelmed, or have concerns with any aspects of their courses, they should approach their classroom teacher or their year advisors to receive any extra support that they may require – we will be happy to help in any way possible!

This term, 50 of our Year 12 students participated in a two hour workshop called ‘Survivor Life Skills’. This program focused on stress in the HSC year, ways to manage stress, time management and realistic goal setting. This was a great session for the students and I congratulate them all on their maturity throughout the workshop.

Students have also had the opportunity to attend a discovery day at Wollongong University. This day enabled students to see what the University has to offer and an insight into the lifestyle of a University student.

Our Year 12 SLR class helped to organise and run the schools swimming carnival which is the first of their final carnivals. Thank you to Dana Sullivan, Candice Garofolo, Apryl MacDougall, Taylah Williams, Dylan Thompson, Zac Fainuu and Bradley Gilkinson! The day was a huge success and the Year 12 students should be commended on their efforts. We look forward to the Athletics and Cross Country carnivals.

The half-yearly examinations are quickly approaching and will commence in Week 10. All students should be striving to do their best and asking teachers for any assistance that is required whether it be missed work or areas they need to work on. To ensure they receive marks of their full potential students should have regular study patterns in place and be increasing their study in the lead up to examination time.

If any students are feeling overwhelmed, or have concerns with any aspects of their courses, they should approach their classroom teacher or their year advisors to receive any extra additional support that may be required. We will always be happy to help where possible!

Lastly, good luck in your exams!

USE OF ADRENALINE AUTOINJECTORS
The Department of Education and communities has recently announced that all government school will receive a general use adrenaline autoinjector (an EpiPen) for their first aid kit.

This does not replace the need for parents to continue to provide the school with an adrenaline autoinjector and ASCIA Action Plan for anaphylaxis signed and dated by their doctor when their child has been diagnosed with anaphylaxis. Instead of the general use adrenaline autoinjector is intended to be used if:

- An undiagnosed student has an anaphylactic reaction at school.
- There is a misfire of the adrenaline autoinjector that has been prescribed for a student.
- A student requires further adrenaline autoinjector to be administered after his or her own adrenaline autoinjector has been administered.
Parent Survey
Review of Communication Systems

Are you aware of the following communication systems?

☐ Ambargram ☐ Semester 1 and Semester 11 Progress Reports
☐ Year Matters ☐ Front Notice Board
☐ School Email ☐ Congratulation Letters
☐ School Telephone ☐ School Email
☐ Interviews/Meetings/Parent-Teacher Night

Do you access and/or use any of the following communication systems?

☐ Ambargram ☐ Semester 1 and Semester 11 Progress Reports
☐ Year Matters ☐ Front Notice Board
☐ School Email ☐ Congratulation Letters
☐ School Telephone ☐ School Email
☐ Interviews/Meetings/Parent-Teacher Night

The communication systems of Ambarvale High School meet my needs as a parent:

☐ Not at all ☐ Partially ☐ Satisfactorily ☐ Completely

Are there any problems with our communication systems that you would like to make us aware of?

__________________________________________________________________________________________

Do you have any suggestions about how we could improve our communication systems?

__________________________________________________________________________________________

Are there any other comments you would like to make?

__________________________________________________________________________________________
SMS Messages to your Mobile

Dear Parents

Our school has the facility to send you an SMS message to your mobile phone as a courtesy notification if you child is marked absent in Roll Call.

For some parents this is a service that they find very useful, for others it is a disruption they would rather do without. Hence we are giving parents the choice to receive notification by text.

The benefits of the SMS system include:

- Peace of mind (no SMS means your child was in Roll Call)
- Ease of absence explanation – if you text us back with a reason for absence, you are not required to send in a note.

If you would like to receive an automated SMS when your child is not in Roll Call, please fill in the return slip below.

Please ensure that the signed authorisation notification is returned to the Office by close of business Monday 18 February 2013.

Ms L Barnott-Clement
Principal
8 February 2013

Please note: If you do not choose to access SMS absence notification, you will not be in a pool of automated mobile contacts that we occasionally use to remind parents of upcoming events or school information.

SMS Messages to your Mobile Authorisation

I wish to receive an automated SMS notification of the days my child is not in Roll Call and has been marked absent.

Name:  

Students Name: ___________________________ Roll Call: ___________________________

Mobile Phone Number: ___________________________
Ms Louise Barnott-Clement
Principal,
Ambarvale High School

Dear Ms Barnott-Clement,

I am writing to you following the most recent visit to Wooglemai Environmental Education Centre by a Year 11 Biology group from Ambarvale High School. The group, lead by their teachers Mr David Creevey and Ms Samantha Potts, came to our centre to carry out a two day local environment study as a part of their HSC studies in Biology.

I would firstly like to commend Mr Creevey and Ms Potts for their superb organisation of the camp and their professional approach to working with the staff of Wooglemai EEC. Both offered collegial support and cooperation that made our job much less difficult than it might have otherwise been. It was obvious that both the intellectual quality of the program we ran together and the welfare of the students under their care were of paramount importance to these teachers. I was extremely impressed with the teacher/student interaction and how well the students responded to the Ambarvale staff.

During their stay the Year 11 students from your school made a lasting impression on all members of the EEC staff that they met. As a teacher who works with approximately seven thousand students, from different schools and backgrounds, each year I am in a position of being able to compare individuals and groups that visit our centre. I would honestly rate this group as one of the best senior groups to have visited Wooglemai EEC in the eighteen years of its operation. Not only was their work ethic excellent, but the students communicated well, were respectful, enthusiastic and generally pleasant to deal with. They were the best possible ambassadors Ambarvale High School might possibly hope to present to the community.

I consider it to have been a privilege to spend time with such professional staff and excellent students and thought it appropriate to relate to you my feelings in this regard. I look forward to continued contact with the members of your Science faculty and of course the students of Ambarvale High School.

Yours sincerely,

Peter Nicoll
Principal
Wooglemai Environmental Education Centre
For your newsletter

Student Exchange – Memories and Skills for a Lifetime!

Give your child the opportunity to gain international experiences and language skills to kick-start a future career. Along with distinct language benefits, exchange students mature, gain confidence and develop a much more worldly approach upon their return to Australia.

World Education Program Australia (WEP), a not-for-profit student exchange organisation registered with the education departments, is now accepting applications for students to live overseas in 2013/14 as exchange students for a summer, semester or year.

WEP is offering two $3000 scholarships towards semester-long student exchange programs to Argentina and China commencing in 2014.

Find out more!
- Visit www.wep.org.au
- Attend one of WEP’s information evenings and open days
- Call 1300 884 733

Upcoming Information Sessions

**Melbourne**
12 February 2013 / 7:30-9pm
Northcote Town Hall
189 High Street
Northcote

19 February 2013 / 7:30-9pm
Kingston Arts Centre
979 Nepean H’way
Moorabbin

13 March 2013 / 7:30-9pm
Kew Court House
188 High Street
Kew

**Sydney**
13 Feb, 13 Mar, 14 May 2013
7:30-9pm
Bowlers Club of NSW
Level 2 / 95-99 York Street
Sydney

**Brisbane**
21 Feb, 14 Mar, 30 Apr 2013
/ 7:30-9pm
Garden City Library
Cnr Kessels & Logan Roads
Upper Mt Gravatt

**Sunshine Coast**
28 February 2013 / 7:30-9pm
Maroochy Neighbourhood Centre
2 Fifth Avenue
Cotton Tree

**Toowoomba**
19 March 2013 / 7:30-9pm
Cedar Centre
36 Baker Street
Toowoomba
Wessel Family Medical Assist Fundraiser Jam

Rampage indoor skatepark
3/3/13 12pm-9pm
Auctions, Raffles, Mini comps, BBQ
Standard entry fee applies

we'll make you an offer you can't refuse...!
“Do you know a young person who has completed the HSC or Cert II and is looking for work or study options?”

MWLP in partnership with local organisations are running a FREE Career Service for students aged 17-19 years old. This service will aim to assist students into gaining full time employment and OR further education and training pathways. This service will give students the opportunity to book in with a Employment Coach that will work with them on a continual basis in providing them with a resume and career plan. Each student has the opportunity to win an IPAD too! So register for this FREE Service NOW! Seats are limited. You can register by going online and visiting www.mwlp.com.au OR call 4623 1863, or online at MWLP.com.au
MoneySmart | www.moneysmart.gov.au

Do your kids know needs from wants? Our Needs and wants game from the MoneySmart Teaching website helps kids work out what they’ll need to start the school year. MoneySmart is an initiative of the Australian Securities & Investments Commission. We offer you tips & tools to help you make the most of your money.

South Western Sydney Aboriginal Career & Community Open Day

Date: 20th March 2013 Time: 10am – 2pm Where: Ingleburn Community Hall, corner of Oxford and Cumberland Road, Ingleburn – 5 minutes from station

Read the rest of this entry »

Young people can go through many different changes as they grow up.

Recognising signs is the first step towards getting them help. This section is designed to help parents and carers to: talk to a young person about their problems, learn more about how to support young people, find information about where you can find the right help and importantly, find support for yourself.

Read the rest of this entry »
Opportunity to promote your Business for as little as $40 per month

This website is proudly dedicated as a community service for parents located in Camden, Campbelltown and Wollondilly Local Government Areas.

The site is visited by thousands of Macarthur Parents, Schools, Businesses, service providers and community groups and as a result we are now in a position to offer some very attractive rates to advertise on our home page.

If you’re interested in promoting your organisation contact Sue Scobie at MWLP
sue.scobie@mwlp.com.au

What’s coming up...

Presents 2 Artistic Workshops 2013

Workshop 1 : “Big Paint”
Explore fearlessly and lose your mind in creative play. Depart from reality and take the steps in painting a visual language. This is an abstract workshop where messy emotions will be spilled out the canvas and laughing loudly is permitted.

Workshop 2 : “Designing the Statement”
Creating from recycled components learn how to step out from the everyday bling and create a high fashion accessorise, completely honouring the imagination.
Contact: Holly Eva | 0414 894 538

Campbelltown Arts Centre – Cnr Camden and Appin Rds, Campbelltown
16th of March Workshop 1 and 17th of March Workshop 2  Time – 9-4pm

You can play a major role in finding your child an enjoyable and successful career path.

The following organisations are partners of Macarthurparents.com.au
These organisations are committed to sharing useful information/resources to the parents of Macarthur
List of Helpful Websites for Strategies and Advice

www.bullyingnoway.com.au
www.kidshelp.com.au
www.kidpower.org
http://au.reachout.com
www.cyh.com
www.headspace.org.au
www.bullying.com.au

AMBARVALE HIGH SCHOOL
Say ‘NO’ To BULLYING
2013

Thomas Rose Drive
Rosemeadow NSW 2560
PO Box 90
Campbelltown NSW 2560
Phone: (02) 4627 1800
Fax: (02) 4628 5289
Email: ambarvale-h.school@det.nsw.edu.au
About Bullying

Bullying, sadly, has been around for a long time and continues to exist in many areas of our society including the workplace, the community, school and even in some cases at home.

We all know how hurtful and harmful bullying can be and we all need to work together to ensure we minimize, or even better, eliminate bullying from our community.

What is Bullying?

Bullying is not usually a one off comment, look or nasty message sent to your phone or on Facebook. Bullying is repeated, deliberate and unwanted actions that make you feel uncomfortable or upset. These actions might be physical, verbal or cyber. They might include comments, name-calling, threats, pushes, barge, hurtful messages or posts on social networks. (Although bullying is not usually a ‘once only’ incident, any threatening message, even if it is a one-off, must not be tolerated and needs to be reported immediately.)

Bullies – Bullies come in all shapes and sizes. They often bully to feel powerful, or popular or better about themselves. They want a reaction. They often don’t realize the full impact of their actions on their victims.

Victims – Victims come in all shapes and sizes too. They often feel threatened, scared, embarrassed and helpless. They often think reporting the bullying will not make it stop. They sometimes keep it to themselves instead of reporting it.

Bystanders – Bystanders are different from either bullies or victims mainly because they make a decision to stay on the outside of the situation and not to help or intervene.

Research on bullying concludes that it occurs most frequently in the presence of bystanders who choose to watch the event and do nothing.

What to do:

Here are some tips that may help you if you are being bullied:

When possible, ignore them (including mobile phone or cyber bullying)

Ignoring the bully may be helpful, particularly for one-off cases. Bullies are looking for a reaction from you and often lose interest if they aren’t given the satisfaction of getting one.

Tell a friend what is happening

Ask him or her to help you. It will be harder for the bully to pick on you if you have a friend with you for support.

Report the incident

To your teacher, Year Advisers, Head Teacher Welfare, Counsellors, Deputy Principals or the Principal. They will give you an incident report form to complete and return so that the matter can be dealt with. If you don’t feel ready to tell someone at school, tell someone at home such as your parents and they can contact the school on your behalf.

Keep a diary of what is happening

Write down details of the incidents and your feelings. Keep any evidence of cyber bullying. When you tell someone, a written record of the bullying makes it easier to prove what has been going on.

Building a wall around you

It may be helpful to build an invisible wall around you by visualising it in your mind. When the wall is up - imagine that any verbal abuse then just bounces off the wall.

Stay positive

It can be hard to remember all your good points when someone is doing their best to be negative. However, try to think of all the things you do well and that you are a valuable person. Thinking of how bad the bully must be feeling may also help you to stay positive.

Hang around other people

You may be safer if you stay in groups. If you are alone, try to identify people who may offer you support.

Who to see if you are being bullied:

2013 Year Advisers:

Year 7  Mr A Demetres and Ms G Koens
Year 8  Mrs S Potts and Ms R Murray
Year 9  Ms K McGregor and Ms B Bridle
Year 10  Mr K Tierney and Mr M Koens
Year 11  Ms J Wha and Ms M Zabel
Year 12  Mr M Owen and Ms S Bell

School Counsellors: Lauren Askew and Jennifer Mansour

Student Support Office: Ms A Smith

Head Teacher Welfare: Ms Wilson

Deputy Principals: Ms S McMahon and Ms M McKenzie

Principal: Ms L Barnett-Clement

As you can see there are lots of people around the school that can help, but remember ANY teacher can help. Please tell someone if you are being bullied.

Anti Bullying Programs at Ambarvale High School

• Units of work in PDHPE classes around anti bullying.
• ‘Brainstorm Productions’ performances to each year group, focusing on anti bullying messages and scenarios.
• Motivational Media – A series of clips and speakers talking about experiences and developing a sense of self.
• Peer Support Program with Years 7 and 10 students.
• Girls and Boys groups aimed at respectful relationships/resilience.

• TRREC Programs – Utilising our 5 core values of Trust, Respect, Responsibility, Excellence and Cooperation

• Roll Call programs, particularly Years 7 and 8 based on TRREC values and Anti bullying
• Burnside ‘Active8’ Program – Targeting both bullies and victims by developing positive strategies.

• Transition Camp for Year 7 students focussed on developing positive relationships.

• Regular visits from Police Youth Liaison Officer (PYLO) and Police School Liaison Officer (PSLO) – Campbelltown Police.

• Anti Bullying Policy.
• Positive Behaviour flowchart steps to reward positive behaviour (merit system).
• Youth Connections – MTC – Working with students to develop positive outlooks and strategies in their life.
• NSW Legal Aid Crime Prevention mobile phone usage/consequences presentations.
• Youth Forum – with local primary schools aimed at utilising students to develop positive strategies in anti-bullying.

Our School has strong consequences and programs for identified bullying.
South Western Sydney Local Health District

Organ and Tissue Donation

Community Information Forums

Community members, non government agencies and health care workers are invited to discover first hand the facts about organ and tissue donation.

The forum can help you make an informed decision about your donation wishes and empower you to communicate your wishes with your family.

Forums will be held at the following locations:

- Liverpool Hospital - 27 February 2013, 1pm-3pm
- Mittagong RSL - 21 March 2013, 10am-12pm
- Campbelltown Catholic Club - 16 April 2013, 10am-12pm
- Fairfield RSL - 14 May 2013, 10am-12pm
- Bankstown Sports Club - 18th June 2013, 10am-12pm

The forums will include talks from health professionals, information about registering your wishes and tips on having a meaningful conversation about organ and tissue donation with your family. A light lunch will be provided.

RSVP: (02) 9828 6848 or swsmedia@sswahs.nsw.gov.au

For more information visit donatelife.gov.au
Get hooked on hockey ... come and join

Harrington Park Hockey Club

Junior Club Champions of Macarthur Hockey Association

All players, new and experienced welcome
Teams in junior and senior competitions

All games played at Narellan

Come and register:
Saturday, 16 February 2013
(come and try on this day)
3pm to 5pm
Narellan Hockey Complex
(Mill Rd Narellan)

Saturday, 23 February 2013
9.30am to 2.00pm
Narellan Town Centre
Website:
www.harringtonparkhockeyclub.com.au

For more information:
Call Sandy Parker: 0408 483 743
Frank Lauc: 0419 257 616

Email:
harringtonparkhockey@gmail.com
Players Needed!

HURLEY PARK – Lithgow St

<table>
<thead>
<tr>
<th>Age Group</th>
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<td>$110</td>
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The Cobras seeking players for their

U14 Girls

U15 Boys

call Shelley: 0400 484 743

Online Registration available www.cobrassc.com.au
THE KIDS ARE BACK AT SCHOOL...

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Call or Text Natalie for an appointment on:

0411 483 192
APPIN DOGS JRLFC
Registrations Still Open

All ages from U6’s to U16’s are welcome.
Please contact Lauren - 0403554730 or email
appin.dogs@yahoo.com.au for more information.

If you have an questions please do not hesitate to contact me on the
below listed number.

Regards,

Lauren Casey
Secretary
Appin Dogs JRLFC
P: 0403 554 730
E: appin.dogs@yahoo.com.au
Youth Social Group

For young people aged 12-18 living in the Rosemeadow/Ambarvale area.

Every Wednesday 3:00pm to 6:00pm
Community Meeting Place
2 Mowbray Way, Rosemeadow

Free activities include sports, art, cooking, movies, music and more!

For more info contact Belinda 0408 282 421
Qualities of a Black Belt

Confidence, Self-Control, Courtesy & Respect

These are only a few words to describe a Black Belt.

What are your children learning?

CALL TODAY for an introductory lesson.

Contact Michael Scott (Chief Instructor)
0412 385 089

FULL TIME FULLY EQUIPPED TRAINING CENTRE
Unit 4/157 Airds Road, Leumeah. www.hapkidojbj.com
Boxing, Hapkido, Brazilian Jiu Jitsu, MMA
Little Eagles 3-6 Years Old, Eagles 7-12 Years Old
Adults & Women’s Defence Classes

BIRTHDAY PARTIES AVAILABLE

Single with Children
A non-profit social group operated by the Single Parent Family Association

ARE YOU A SINGLE PARENT?

Single with Children is a non-profit social group that provides fun and exciting social activities every week specifically for single parents and their children.

It’s a great way to meet or make new friends in your area.

For your FREE copy of our social calendar contact us today
Call 1300 300 496

Or check out our web site:
www.singlewithchildren.com.au
Well Women’s Clinic
Free and Confidential Service

Soifuamaloloina mo Tina. Auaunaga e totogi fua ma e le soona faalauaitele.

Kliniki ma’ae mo’ui lelei ‘ae kakai fefine, ta’etotongi pea fakapulipuli ‘ae ngaue ni.

Rosemeadow Community Health Centre 4633 4100
Warwick Farm Neighbourhood Connections 9600 0600
Wollondilly Community Health Centre 4683 6000
Miller Community Health Centre 9608 8920

Services provided:
- Pap tests
- Breast checks
- Post-natal checks
- Pregnancy tests
- Tests for Chlamydia
- Women’s health information on menopause, contraception and healthy living

Call your local centre to make a booking
Well Women’s Clinic

Free and Confidential Service

Soifumaloloina mo Tina. Auaunaga e toogui fua ma e le soona faalauaitele.

Kliniki ma’ae mo’ui lelei ‘ae kakai fefine, ta’etotongi pea fakapulipuli ‘ae ngaue ni.

Rosemeadow Community Health Centre 4633 4100
WILMA Women’s Health Centre 4627 2955
The Benevolent Society 1800 077 760
Claymore Neighbourhood Centre 4626 2007
Ingleburn Community Health 8788 4200
Macquarie Fields Neighbourhood Centre 9605 9278
Warragamba Neighbourhood Centre 4774 1273

Services provided:

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- Post-natal checks
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