Calendar of Events

20 September 2013    Last Day of Term

7 October 2013       Public Holiday
8 October 2013       Students return to school
14 October 2013      HSC examination commences
16 October 2013      Year 7 Safe Relationships Workshop – Blue group
21 October 2013      Years 7 and 9 Boys Immunisation
Principal's Report
Ms L Barnott-Clement
Principal

Congratulations and good luck to year 12 who have finished their schooling this term and are eagerly preparing for their HSC exams, their Formal and their life beyond! We wish you all the best and will be here to support you throughout your exams, but also when your results come out in terms of advice and support regarding where to from here. Study hard so you can be satisfied with your achievements.

Our Student learning Advisers are currently collating the data in terms of the evaluations of our new initiative this year, Student Learning Conferences. Responses from parents, students and staff have been overwhelmingly supportive and it was very exciting to see our school and our program featured in the Australia-wide educational magazine, Australian Teacher Magazine as well as the local paper.

Many of our teachers will be receiving certificates this week to acknowledge their participation in a 16 hour professional development program in Gifted and Talented Education. One of the terrific things about our school is the rigour of teacher professional learning and the willingness of staff to take up all opportunities to ensure they remain current and up to date in terms of best practice in teaching and learning.

Last week was SASS Appreciation Week and I would like to publically acknowledge the wonderful work all of our School Administrative Support Staff do across the school to support teaching and learning in so many ways. They are such an important part of the school and I thank them for all their work, and the leadership of Mrs Picone, the School Administrative Manager.

As the weather warms, some students are coming to school out of uniform. We are a uniform school and it makes a huge difference to school reputation. Thank you to the vast majority of families who support us in our endeavours to ensure our uniform remains strong. Please use the coming holidays to replenish uniform as required. Remember that if you are experiencing financial difficulties, you may request student assistance to help alleviate the cost, if and when required.

Our school rule is social technology off and out of sight during learning times. Please support us in maintaining this important rule by ensuring you talk to your child about their responsibility to not use their phone at school during the learning day. Please also support us by explaining that if they do the wrong thing with their phone, it will be confiscated to be collected at the end of the day. Refusal to hand over a phone will only lead to further consequences. It is also inappropriate for students to call you direct during the school day. If either you need to speak with your child, or your child needs to speak with you, please ensure we are involved so this can be managed well.
Deputy Principal's Report
Mrs S McMahon
Deputy Principal

Year 12
HSC written exams commence on 14 October 2013 in our school hall. The two English exams and General Mathematics will be in the large hall and all remaining exams will be held in the small hall. The Presiding Officer has outlined the examination procedures to Year 12 students and we have directed each student to the NSW Board of Studies Students Online site to obtain a personalised HSC timetable. Examination start times may vary and it is essential to be at school approximately 30 minutes before each examination commences.

Tickets for the Year 12 Graduation on Thursday 19 September 2013 have been issued and students are required in the Common Room in full school uniform by 4:30pm with the ceremony commencing at 5:00pm. If students are not in full school uniform they will be sent home to change or may not be allowed to be a part of the ceremony. Please note that entry will be denied without a ticket due to the large number of people attending.

Years 8 and 10
Years 8 and 10 students have chosen their courses for 2014 and we are now in the process of forming classes. Students will be informed if they need to make a second choice as this may happen if a course is cancelled due to a lack of student interest. We will also be checking the choices to determine if 2014 Year 11 students have chosen one of the following programs:

HSC plus ATAR
HSC
Record of Achievement

Each student will also receive an outline of their courses for 2014 in early Term 4.

Good luck in the HSC to all our Year 12 students and an enjoyable spring holiday to all of our students and families.

Mrs McMahon and Ms Wilson

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

Relieving as Deputy Principal for Ms McKenzie over the past five weeks has provided me with numerous learning experiences, and opportunities to work closely with many of our students and their parents. I would like to thank our executive team, office staff and parents for the advice and support they have given to me during this time. I’m sure that Ms McKenzie has enjoyed her holiday in Ireland and is looking forward to returning to school. She has been missed.

Final Preliminary examinations for our Year 11 cohort occurred in Week 9. Students who have implemented a consistent and rigorous study program over the term would have been well prepared for these examinations and will, no doubt, be successful. Term 4 will see the students move into their HSC year. I encourage all students to utilise the NSW Board of Studies site www.studentsonline.bos.nsw.edu.au which contains a wealth of information and resources to support students through their HSC year.

Students in Years 7 and 9 should regularly reflect on the goals they set during their Student Learning Conference, and work towards achieving results they will be proud of at the end of this semester.

Mrs Pardy, Relieving Deputy Principal
I would like to thank Mrs Pardy for all her hard work during my absences but back on–board now after having a great break. Year 11 students have been approaching me with requests to drop subjects. Students’ requests will be taken on an individual basis after discussions with the subject teacher and their patterns of study. As a rule of thumb we have always encouraged student to carry 12 units as a safety net. If a student wishes to discontinue a subject they will be required to have an interview with the Principal. Students who are not carrying many or any Board Developed Courses will be told to maintain 12 units.

Congratulations to the incoming student leaders. What a stellar cast! I am looking forward to working with them as the student leadership team. A big “thank you” to Ms Wilson for all her work in organising the elections.

Parents please be aware that aerosol cans are not permitted at school. If your child brings a deodorant please ensure it is a roll–on. Also as the weather becomes warmer there is more of a temptation to have ‘water fights’ at lunch. Students who engage in such activities are in violation of school rules and will receive a consequence, which may include being sent home.

Year 11 students need to enjoy their upcoming holidays and relax after their exams. They will commence Year 12 next term.

I wish students and parents a happy and relaxed break.

Ms M McKenzie, Deputy Principal

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**English Report**

**Mr Mark Johnston – Relieving Head Teacher English**

**English Faculty**

Mrs Bridle – Year 9 Adviser/SRC, Mr Sun ESL, Mrs Makin, Mr McMahon, Mr Nethercote, Ms Nicholl, Ms Stevens, Ms Wood and Mrs McKenzie – Deputy Principal

There are some really exciting things happening in the English Faculty at the moment. The biggest of these is the Drama Program which is running in Weeks 8, 9 and 10 for some students in the junior years. This program has been designed to cater for students with a genuine interest in this area of the curriculum. We have been most fortunate to secure the services of an outside provider, Mrs M Chapman, who is an experienced teacher of Drama. Miss Nicoll has also been involved in the planning and implementation of the program. Each workshop gives students the chance to participate in some interesting, fun skills–based activities such as Theatre–sports, Space–jump, Improvisation and Play–building. From all reports, the early sessions have been a great success with students really enjoying the experience. When I asked one Year 7 student what they thought of the Drama Program, their response was “It was awesome!”

There are also some interesting things happening within different classrooms within the faculty. Mrs Bridle’s Year Nine English class has been doing great things within our Stage 5 program. Within the module, ‘Villains’, the boys have done some fantastic project based learning, with the end focus being on the making of a stop–animation film based on a villain of their own creation. I eagerly look forward to viewing the 9.3 English ‘Film Festival’ in Week 10, where I am sure there will be some entertaining short films on offer.

The junior years have been busy preparing for assessment tasks, with Year 10 students doing a great job of putting together a power point on a film of their own choice which shows elements of ‘Suspense’, which has been the focus concept of this terms work. Year 7 students are finalising their unit on William Shakespeare and are busy preparing to write a letter to their classroom teacher about the world’s most well–known playwright. Year 8 student’s task is on animation, and the Year 9 students will be writing a narrative based on the concept of ‘Villains’. I encourage all students to do their very best in preparing and completing their tasks, and if they need assistance, please make sure they approach their classroom teacher who will be more than happy to help.

By the time you read this Year 11 students will be well into their yearly exams. Please encourage your students to take these exams seriously, and use their time wisely when studying. This is the final assessment for Year 11 students, as the Year 12 course will begin at the start of Term 4. Speaking of exams, Year 12 students are on the final countdown, and within a very short space of time, the HSC examinations will be upon them. This is the time for building up the hours of study, practising exam style questions under time constraints and reviewing all texts set for study.
Past papers are available to view on the Board of Studies website. Our Year 12 teachers, Mr McMahon, Mrs Bridle and Miss Stevens have all put in place a series of extra tutorial based sessions for the Standard and Advanced students, and I encourage all students to take advantage of their expertise and commitment by supporting these extra lessons. I would, on behalf of the faculty, like to take this opportunity to wish Year 12 students the very best of luck in their HSC English exam.

On a final note, please ensure that your child comes fully prepared for English in Term 4. All students are required to have an organised workbook, and come to class with the equipment necessary to make the most of their learning opportunities.

Mr Johnston, Head Teacher English (Relieving)

Science Report
Ms Perry – Head Teacher Science
Science Faculty
Mrs Brabek, Mr Brankovic, Mr Creevey, Mrs Jones, Ms Potts, Ms Rudol and Ms Reilly.

During the course of Term 3, the Science Club has been working on building a Solar Car/Boat for the University of New South Wales Solar Competition. They were involved in multiple workshops which they had to build a solar car or boat. Students worked within a limited budget which they raised with a barbeque at the start of Term 3. These students built two solar cars and two solar boats on a budget that was one-fifth of other schools budgets which participated in the event. The event was on 6–7 September 2013 and it was a fantastic day which achieved surprising results. The students had lots of fun and got to collaborate with other students from different schools. I must praise the students for their professionalism and positive behaviour. The following students attended the event:

- Benjamin Gibbons
- Malcolm Gerasimou
- Reece Trudgen
- Ashif Buksh
- Daniel Neloe
- Daniella Magon
- Jessica Schlack
- Roman Ozerski
- Hayden Harris
- Jarrod Harris
- Uzayir Begg
- An Nguyen

With fantastic news, we have made the Solar Car National Competition due to our speed of car which clocked 6.2 metres per second. Congratulations to Benjamin Gibbons and his team!
Mathematics Report
Ms M Degning - Head Teacher Mathematics
Mathematics Faculty
Mrs Oswald, Ms Simpson, Ms Zheng, Mr Cave, Mr Lucas, and Mr Qu

What's been happening in Maths...
Who said you can't have fun in Maths? Year 8 Problems, Patterns, Pictures and Puzzles is a hands on problem solving workshop for Year 8 students. In the first session, students learnt various problem solving strategies that they could use in the second session to compete for points by solving a series of problems. The problems progressively became harder and students worked in pairs to discuss and solve them. The students who earned the most amounts of points were rewarded with chocolate and a Certificate of Achievement.

As these photos show the day was a great success. Not only were students thoroughly engaged and having fun, there was a great deal of learning occurring with many students not even realising they were doing maths!
PDHPE/Sport Report
Mr Yee – Relieving Head Teacher PDHPE
PDHPE Faculty
Ms Bell, Ms Murray, Ms McGregor, Ms McConnell, Mr Palmer, Ms Roger, Mr Spruce, Ms Stevens, Ms Wilson and Ms Wira

Years 10 and 11 Road Trauma Excursion
On 22 August 2013, Years 10 and 11 students went on an excursion to Allphones Arena to attend the Road Trauma Safety Forum (streetsmart!). The day started off with a very long and boring bus ride due to heavy traffic. To pass the time, our group of friends played a game of ‘I Spy’, believe it or not, and ironically, saw some very unsafe driving on the way there. Once we arrived, the day consisted of various presentations all aimed to warn young people the consequences of dangerous and reckless driving. We started with a very realistic re-enactment of an actual car crash, blood and all. Needless to say it was a very mind-opening experience. The whole arena was quiet and almost in shock at the scene we saw. Afterwards, we moved on to other presentations and heard some very sad but inspiring stories from people who were willing to share their own experiences as a victim of a car crash. One particular person who shared their experience certainly got the crowd going, and also even performed a few songs for the audience. The ladies particularly enjoyed this part of the day. After the presentations, we were allowed to walk around the arena and see the various interactive stalls set up. I found out what it was like to be the victim of an accident and was placed on a stretcher with a neck brace on. That was actually quite an interesting experience until my friends tried to play doctor and nearly pushed me off the bed in an attempt to check my back. All in all the day was very interesting and we all learnt something from the day. By Christian Manuel

Brittney Szafranski: using the ‘Jaws of Life’ with the SES volunteers

Ambarcup – SNAP!
We had our inaugural Ambarcup SNAP! game. We had 12 staff members take on over 80 students in the quadrangle on a windy, cloudy lunchtime. For 20 minutes staff played one student after another. For every point scored the students switched lines and played a different teacher. The scoring was fast and the snapping of the cards was furious. The scores were fairly even throughout the time and it was not until the last two minutes the teachers started to pull away and the final score 115–105, to the teachers.

Another win for the teachers taking the score for 2013 so far to 3–1 to the teachers.

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<tr>
<th>Event</th>
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<td>Swimming: 4x50 relay</td>
<td>Lost</td>
<td>Win</td>
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<td>Cross Country: 3 km run</td>
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<td>Soccer: 7-a-side</td>
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<td>Snap!</td>
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Mr Yee, Ambarcup Coordinator
Congratulations and good luck to all of our HSIE HSC students. You have worked so well over the past two years and we know that you will be rewarded if you keep up the efforts until the exams. As you know we have a lot of different HSC subjects under our HSIE banner, and all of them are quite unique, but our teachers want to pass on the same message of **good luck and best wishes for the future**.

Congratulations to Year 11 student Jess Boujean who won an I-PAD in the University of Newcastle Business Studies Competition; a wonderful result for Jess. Thank you to Ms Khan for organising this opportunity.

Good luck to all of the Year 11 students who are undertaking their final Preliminary exams before they start the HSC course content. Remember that a positive and organised approach is essential if you want to achieve in the HSC year.

Well done to the Eco-Group students who have not only helped establish a healthy and thriving organic veggie garden outside G Block, but several members represented the school at the South West Sydney Eco-Camp. The feedback from organisers has been wonderful and it has been very pleasing to hear how these students performed not only as individuals but also as representatives of Ambarvale High School.

*Mr K Weber, HSIE Head Teacher*

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**WELLFARE**

*Ms Wilson*

**Head Teacher Welfare**

Well the time has flown by this year so far, with only one term to go! Term 4 is a busy term with all of our academic, sporting and Ambassador ceremonies. We also select our new intake of Peer Support Leaders and get them trained up, ready for the new Year 7 cohort in 2014. Lots of opportunities for our students!

I am off on maternity leave at the end of Term 3 and Ms McGregor will be relieving as Head Teacher Welfare until my return in Term 3 2014. There have also been some changes to the Welfare Team next term:

**Year 7 Year Advisers**

Mr Demertzis and Mr Roberts

**Year 8 Year Advisers**

Miss Potts and Miss Murray

**Year 9 Year Advisers**

Mrs Koens and Miss P Simpson

**Year 10 Year Advisers**

Miss Iturrieta and Mr Koens

**Year 11 Year Advisers**

Miss Wira and Miss C Simpson (HSIE) for Weeks 1–4 and Ms Zabell Weeks 5–11

**Year 7 2014**

Mrs Bridle and Mr Brankovic

**Counsellors**

Monday/Tuesday – Ron Balderston

Wednesday–Friday – Jennifer Mansour

Stay safe and enjoy the summer! See you again next year!

*Ms Wilson, Head Teacher Welfare*
Student Support Officer
Ms A Smith

This term, students in Year 7 participated in the Safe Relationships Program, a program designed for young people and delivered by Youth Workers from theYWCA. Over four weeks, half of the students in Year 7 were involved in workshops that focused on a range of important issues relevant to young people today, including Bullying, Resilience, Cyber Bullying and Sexting, and Protective Behaviours. It was wonderful to see students getting involved in activities and discussions around these important topics, and learning invaluable skills in conducting safe and healthy relationships along the way. The program will be taking place again during Term 4 for the remainder of Year 7 students, who were not involved during Term 3.

Also, the lunch time Drop-In is back on during lunch on Wednesdays in the bubble in G Block! This is a great space for students to meet new people, catch up with friends and join in on games and activities.

These school holidays try to think outside of the box for things to do! Try cooking a new recipe, creating an artwork, getting some friends together and playing a new sport, giving yourself a manicure, or building something!

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

Year 7 students have had another successful term in high school. They have had a busy term receiving their Half Yearly Reports and taking part in the Student Learning Conferences. We would take this opportunity to remind all of Year 7 to think about the learning goals they established during their individual conference and consider whether or not they are working towards fulfilling those goals. Celebrating our school value of excellence can be easily achieved in all of your lessons simply by you being the best you can be!

As the warmer weather begins, Year 7 need to be mindful of their personal health and hygiene. Remember to drink plenty of water, eat a balanced diet – including beginning the day with a healthy breakfast and make use of personal hygiene products including deodorant. Whilst spray on deodorant is not permitted at school, a roll–on product is acceptable. Be sure to pack one in your bag especially on days where you’re timetabled to have Sport or PDHPE. Celebrate you, respect yourself and take responsibility for your own health and hygiene.

As Term Four approaches, it is important that Year 7 begin to study for their Yearly Examinations. You will need to establish a study timetable that enables you to spend an equal amount of time revising all of your subject areas. Approach your class teachers and obtain learning advice from them in terms of what you should be doing in order to adequately prepare for your examinations. Studying is your responsibility and you all should be able to take ownership of your learning. Your parents, carers and teachers trust you to revise regularly and take examination preparation seriously – don’t let them down but more importantly don’t let yourself down – STUDY NOW!

Over the past two weeks, I have had the pleasure of watching a number of Year 7 students receive learning support from staff in the Small Library. These students have had a number of assignments due and embraced our school value of co–operation, working with Mrs Telfer and Mrs Jameson, in an effort to complete and submit these tasks. It was wonderful to see the maturity of these students who not only completed their assignments but also supported one another in their learning.

On a final note, Mrs Koen will be taking leave from the position of Assistant Year Adviser to fulfill the role of Year 9 Student Adviser. This absence will be for Term Four of this year and Terms One and Two of next year. In her absence, Mr Roberts will hold the position of Assistant Year Adviser. On behalf of Year 7, we welcome him to the role and are very pleased to know that the learning and welfare needs of our students will continue to be well supported.

Enjoy Term Four.
Mrs Koen and Mr Demertzis
Year 8 Report
Ms S Potts, Year 8 Adviser
Ms R Murray, Assistant Year 8 Adviser

Wow it’s the end of another term! It has absolutely flown past us and we are almost in the home stretch of another year at Ambarvale.

Congratulations to those students who were organised this term and have been rewarded with an afternoon off. This is for those students who have consistently brought their diary, books and pencil cases to school. Well done on a great effort!

Looking ahead to next term students can expect to complete yearly exams. To get a head start on preparation for this, it would be a good idea to speak to teachers about the kind of revision you should be doing. Consistent and regular revision is far more beneficial than cramming.

Well done on another great term Year 8!

See you Term 4!
Miss Potts and Miss Murray

Year 9 Report
Ms K McGregor, Year 9 Adviser
Ms P Simpson, Assistant Year 9 Adviser

Another term at Ambarvale High School has been completed well by Year 9 students. I am pleased to report that students from Year 9 have achieved Sapphire Awards a high achievement and well done to those students. As Term 4 begins so will the final examination period for Year 9 students. I encourage all of Year 9 to remain focused on their learning and stay attentive in class. A study program is also a helpful way to achieve your best in your assessment tasks.

Year 9 students have completed Term 3 well and I wish you all the best for Term 4.
Ms P Simpson, Mathematics Teacher

Year 10 Report
Ms K Iturrieta, Year 10 Adviser
Mr M Koen, Assistant Year 10 Adviser

The end of Term 3 is near and hopefully the last of the frosty months too.

It has been a very busy term for Year 10 students and it was great to see so many parents attend our Subject Selection Evening and Student Learning Conferences too. We hope our students have benefited from this one on one time and encourage them to continue with their goals. You can do it!

Remember that being organised is the key to success, so make sure you have completed all assessments and that your class work is up to date. Make sure you are maintaining good communication with your teachers and always ask for help if needed.

A big CONGRATULATIONS to all of our Year 10 students who continue following our TRREC values. It’s very important that we show Trust, Respect, Responsibility, Excellence and Co-operation at all times. Well done and we hope you all have a great break.
Year 11 Report  
Ms J Wira, Year 11 Adviser  
Ms M Zabell, Assistant Year 11 Adviser

It has been a busy, stressful and productive term and I’m sure all Year 11 students are glad for the break coming up. However, this is the time to start preparing yourself for Term 4, the start of your HSC.

Use these two weeks to get all your books, folders and stationary equipment you need so you are prepared and ready to go for Term 4. Over the course of this term, I have seen some, not all, Year 11 students start to lose focus and engage in behaviours which are silly and disruptive to both their education and the students around them. From the start of Term 4 you have only four terms of high school left and this time will fly by.

Make sure you make the most of the opportunities you are given at Ambarvale High School to the best of your ability and use this time wisely and efficiently. You have only four terms, 41 weeks and less than 205 days left of your high school life and these next few months will help set you up for the rest of your life.

Start utilising the support this school offers you, during your STUDY PERIODS actually study, sit in the library and complete assessments, revise your classwork and complete your homework, attend the MONDAY morning study sessions in G3 from 8:00am to learn and practise new study skills and go to all your classes.

Term 4 is a time to start fresh! Go to ALL your classes, come to school every day, complete all the tasks asked of you and make this year, Year 12, the best year so far.

There are some important dates coming up for you in Term 4:

- **Crossroads** will be held on the first Tuesday back at school 8 October 2013 as well as Friday 25 October 2013. This is a compulsory event and will cost $15.00 which will cover the cost required for both days.

- There will be a **Stress and the HSC** workshop running on Tuesday 22 October 2013 (Week 3). The school has subsidised some of the cost of this program to help support students and their families by paying half the cost of the program. This workshop will run for two hours at a cost $5.50 per student. This is to be paid before the day. This workshop is a great opportunity to help give our students the skills and strategies needed to cope with the pressures they will face over the next year. This workshop will be presented at Ambarvale High School.

- On Wednesday 23 October 2013 (Week 3) our female Year 11 students will take part in a free presentation on ‘Foetal Alcohol Syndrome’ presentation which will be conducted by a neonatal surgeon and his team. This presentation is about educating our students on the effects of alcohol consumption during pregnancy and the impacts it can have on the foetus and will take place at Ambarvale High School.

It will be a busy start to Term 4, but one that will help set the pace and give our students the support they need to succeed in their final year at Ambarvale High School.
Year 12 Report
Mr M Owen, Year 12 Adviser
Ms N Stevens, Assistant Year 12 Adviser

Congratulations on reaching the end! This will be the last time I will be reporting on this year group as they will be graduating and completing their HSC over the coming weeks.

I wish all the students in this year the best of luck with their HSC and I am sure that they will achieve the results which reflect their level of effort throughout their senior schooling. We have a number of events to give these 103 students a nice farewell during the final week of school. Their last day will begin with a breakfast where students and teachers of Year 12 can mingle prior to a big day. Graduation will then be taking place in the evening which is a formal event to acknowledge achievements over the past 13 years. I’m sure this day will be an excellent example of the quality of students at Ambarvale High School.

Throughout the break I hope students work hard and come back feeling adequately prepared when sitting the examinations. If all efforts have been made to achieve at a high level, students should be proud of the marks that they achieve.

Best of luck with the HSC exams and your future!
Mr Owen
Mind Marathon 2013
On Friday 29 August 2013, an intrepid team of 43 students from Years 7–10 met at Campbelltown Station. We were heading to East Hills Boys High School for the Mind Marathon of 2013. Mind Marathon began in 2007 with a focus on extending and enriching boys’ education. It began as a primary program but quickly grew, and this year was bigger than ever with students from Years 5–10 competing over six days.

Whilst most schools brought 1–3 teams, the incredible talent at our school led us to bring seven teams. Each team sat at their own table and worked together to answer as many questions as they could for each challenge. There were 400 students in the hall on the day from all over the state.

The challenges on the day were:

1. Above and Beyond – students had to make a tower at least 15cm tall out of toothpicks and gummy bears. It has to be able to hold a golf ball for at least 20 seconds.
3. History and Geography – wide ranging, REALLY hard questions.
4. English – questions about writers and literature and movies.
5. General Knowledge – these were a really broad range of questions.
6. Maths – just LOTS of questions!!

Special thanks to East Hills Boys High School team for hosting the event and organiser, Sharelle Hurley for such a range of engaging challenges.

Ms Flanagan

Indigenous Education Programs
University of Western Sydney Pathways to Dreaming for our indigenous students in Years 8 to 12 is providing students with opportunities that build their knowledge, skills and confidence, and help them explore their future study and career options. It includes on-site students mentoring sessions, university workshop days and individual career planning. This term, some of our Year 8 students have joined the program and together with all the other students are designing and will carry out a group project in Term 4.

There will also be a Norta Norta Program in 2014 which will provide Years 11 and 12 Aboriginal students free individual tuition for up to 75 hours and will be available for most HSC subjects.

Meanwhile, the Junior Norta Norta Program is an in-school initiative that assists indigenous students with their literacy and numeracy needs. Term 3 has been the focus for this program targeting Years 8 and 10 students covering the completion of homework and assessment tasks, in-class work and improving the attendance rate of these students. There have been positive improvements this term with attendance and task completion through the Junior Norta Norta Program, as well as improved work ethic and classroom behaviour.

Recently, chosen Junior Norta Norta students have been nominated to receive a South Western Region Aboriginal Student Achievement Award for achievement and success at school. If the nominees are successful, they will be receiving the awards at the University of Western Sydney, Campbelltown campus on Friday 8 November 2013. Good luck to all the nominees.

Ms N Milanovic
EFTPOS

To the Ambarvale High School Community

We now have EFTPOS facilities for your convenience.

- School fees
- Excursions
- Equipment

Available before School, Recess and Lunch

No Cash Out Facility
The light is at the end of the tunnel!!

Year 12 - students are now in their final week of face to face lessons after 13 years of school education! Excited? Scared? Nervous? Are you apprehensive about the future?

Don’t be – the world is your oyster and there is a pathway to the job, course or career you want, no matter who you are or how you perform in the HSC! After all – it’s only one exam, and while it is important, it is not the ‘be all and end all’ in terms of a happy, successful and rewarding future.

Spend the next few weeks working hard at your exam preparation and aim for your personal best. When the exams are over spend some time reflecting and consider your options with a clear head knowing you have done your best.

Year 12 you are nearly finished your Exit Interviews with Mrs Ellem. If you need further advice, make contact with Mrs Ellem, call the universities, TAFE or private college you are considering, sign up with an employment agency, talk with Centrelink if you need income support. As you know Mrs Ellem is always contactable via email throughout the holidays. Jennifer.luck1@det.nsw.edu.au

Meanwhile, study hard, celebrate sensibly and safely, keep your goals and dreams in mind and aim high.

Best wishes for a safe, happy and successful future Class of 2013!

Year 9 – will start their School to Work training in Term 4 that will consist of Careers Classes and events to help students make informed decisions about their Future Career Goals. This Program will be completed by Term 3 2014 Subject Selection classes.
Macquarie Uni Early Entry Schemes

Macquarie University has a range of early entry programs for students who are looking to enter Macquarie University in 2014. New initiatives include a guaranteed entry scheme based on 2013 published ATAR cut offs, alternate entry via the Unites program and a PACE leadership scholarship which recognizes extra-curricular activities.

http://www.mq.edu.au/future_students/undergraduate/parent_information/connect_with_macquarie_newsletter/all_connect_articles/gain_early_entry_to_macquarie/

How do I choose the right uni for me?

While it can be difficult to choose between universities, you will find that there are some key differences between them that can help you make the big decision. The most important thing is to determine what sort of character and focus the university has and ensure that it aligns with your own personality, interests and goals. Every university has its own persona, and information on the website below will give you some tips to ensure that you choose one that is the best fit for you.


How to apply for scholarships

September and October, in fact right through to March, can be a busy time for Year 12 students and their families, not just coping with HSC exams, but with scholarship and course research to do, forms to fill out and deadlines to meet. There’s no doubt that applying for a scholarship can be tricky. If you’re in the process of completing scholarship applications or need some pointers to help you get started, working your way through the five-step checklist of scholarship tips will put your mind ease.

End of year tips for Year 10 students

For most students, Year 10 is no longer the end of school!!! Statistics demonstrate a clear link between level of education and training and employment prospects and potential to earn.

So, make the most of your time in ‘junior’ school.

Carefully consider your final subject selection for Year 11 and 12 – have you chosen subjects you think you will enjoy and do well in? Do they cover any university pre requisites? Check with Mrs Ellem if you are unsure.

Participate in work experience – try a field of employment you are considering for the future. See Mrs Ellem to help you organize the paperwork to do this.

Involve yourself in school and community volunteer projects. It’s great for the resume and gives you a sense of achievement and pride when you give back to the community.

If you don’t have part time or casual employment – now is the time to start looking! Apply online to the ‘chains’ such as McDonalds, Coles, Woolworths, Bunnings, Kmart, KFC and Subway. Drop a resume into local cafes and retail outlets. Most will be experiencing a better trade now the weather is warmer and in the lead up to Christmas and summer holidays! If you need help to do this, see Mrs Ellem.

If you wish to leave school, you need to gain employment and / or enroll in a course elsewhere such as TAFE. Do your research and get in early – these positions can be competitive and fill quickly. If you need assistance, again, see Mrs Ellem.

HELP!!!! Where and how do I start my research???

Easy!!! We have our very own Careers Website with links to everything you will need to help you along the way, including a resume builder, cover letter template, links to universities, TAFE, private colleges, scholarships, apprenticeships, Defence Forces, a calendar of careers events all over NSW and beyond, and there is even a special section to help out your parents!!!

I’m sure you’ve seen it (it’s where you can sign up for this newsletter), but if you can’t remember it is www.ambarvalehighcareers.com

Find it. Add to favorites. Use it often. Tell your friends!!!
Macarthur Temporary Family Care

Berry Respite Camp
Friday 11th –13th October 2013

Dates:
Friday 11th October
Depart 2.30pm
Sunday 13th October 2013
Return at approx 7pm

Camp Site:
Berry Sport and Recreation Camp
690 Coolangatta Road, Berry NSW 2535

Transport:
Agency Buses allocated pick up points

Cost:
Nil

Applications Close: 6th September 2013

The camp offers teenagers aged 12 to 17 years with an intellectual disability the opportunity to attend a Sport and Recreation Centre where they'll experience new and challenging outdoor activities, develop self-esteem and social living skills and make new friends.

The camp will be made available to teens who may otherwise have limited access to leisure and recreational activities. This weekend camp is also available for siblings of teens with a disability.

This program provides:
short-term and time-limited breaks for families and unpaid carers
a positive life experience for the person with an intellectual disability.

To make a referral please contact Macarthur Temporary Family Care on 02 9603 7011. Limited places are available and acceptance to the programme is subject to a needs assessment.

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.hapkidobjj.com
Boxing, Hapkido, Brazilian Jiu Jitsu, MMA
Little Eagles 3-6 Years Old, Eagles 7-12 Years Old
Adults & Women’s Defence Classes
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

YWCA NSW
Supporting people at critical times
About headspace

headspace provides mental health and well-being support, information and services to young people and their families across Australia.

Our main focus is on helping young people and their families to deal with mental health and associated problems early to ensure the best chance of recovery and to limit the impact of untreated illness.

headspace can help with:
- General health
- Mental health and counselling
- Education and employment problems
- Alcohol and other drug issues

Confidentiality

Your privacy is important to us. All information you provide us remains private; except when you give us permission to talk to others like parents, your school or doctor, or if we are concerned about someone’s safety. In all cases we will talk with you first before sharing your personal information.

How to get help from headspace

The first step is to give us a call or drop in. You can also ask someone else to give us a call for you, like a teacher, parent, family member, health worker or agency.

We'll make an appointment with you to come in and talk to someone in more detail about what’s going on for you. It's OK to bring a friend or family member with you. At this appointment we work with you to help you sort out things and arrange the service that's right for you.

Opening Hours

headspace Campbelltown is open Monday to Friday from 9am to 5pm

Where are we?

We are located on the main street of Campbelltown in the City Centre Building, a 3 minute walk from Campbelltown train station

Level 8, 171-179 Queen Street-Campbelltown NSW 2560

What's the cost?

All services offered at headspace Campbelltown are FREE! Some services are 'bulk-billed' which means you get the service at no cost under Medicare.
Well Women’s Clinic

Free and Confidential Service

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

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

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