



## Building Harmony and Success

*We acknowledge the traditional custodians of this land and pay our respects to elders past and present*

## PRINCIPAL'S MESSAGE

### Building Upgrade

Last Friday we welcomed the Parliamentary Secretary for Education, Mr Gareth Ward, to Belmont High, who further announced the proposed school building upgrade, expected for completion by early 2020.

We are still waiting for the initial concept plans for these works to be approved. Once these concept plans are approved it is anticipated that they will be presented at a P&C meeting or a parent meeting

Mr Ward also took the opportunity during his visit to present his Civic Leadership Award to Jackson Harvey of Year 12. Congratulations Jackson!

Good luck to Jackson also as he competes as one of three finalists in the State Training Awards for School Based Trainees. These awards are to be announced in Sydney early next month.

### NAPLAN

The results of 2017 NAPLAN for students in year 7 and 9 will be available for parents soon. These results will be posted home as soon as they are received. Whilst we do not have any data so far on students at Belmont High School performed this year, information on how across NSW performed in NAPLAN can be found at:

<https://education.nsw.gov.au/media/office-secretary/NAPLAN-Performance.pdf>

Once student results have been posted home, any concerns about how your child has performed can be directed to the learning and support teachers Yvette Fulton and Lance Druery.

### NAPLAN Online Trial

All students in years 7 and 9 will participate in the NAPLAN Online School Readiness Test before the end of this term. The readiness test is an assessment of a school's technical readiness to administer NAPLAN Online. It is an opportunity for schools to become familiar with the NAPLAN Online test platform and to identify any technical issues they may have. The test will be for students in Years 3, 5, 7 and 9 and will comprise two one-hour tests.

## DATES FOR YOUR DIARY

### August

16	Be Street Smart Excursion Yr 10
16	P&C Meeting
17	HSC Dance Practical Exam
21	HSC Drama Projects Due
23	Music Night @ Lizotte's
28	Year 12 Future Directions Day
30	HSC Drama Practical Exam
30	Year 6 Activity Day

### September

8	White Card Course
11-22	Year 11 Exams
14	Provide First Aid Course
18-22	Year 10 Work Experience
20	P&C Meeting
20	Year 12 Graduation
22	Last Day Term 3

The readiness test is an opportunity to experience the online environment and the different question types that can be used in online testing. It is not a test of skills and knowledge. Further information will be provided to parents shortly on the details of the testing.

### SENTRAL

We have released further information for parents on the SENTRAL portal. Copies of 2017 student reports are now available on the parental portal. If you are having problems in accessing the SENTRAL portal please contact the school office on 49450600.

### Communication

This year one of our targets has been to improve communication between the school and home. As a result, so far this year we have launched our Facebook page (<https://www.facebook.com/BelmontHS>) and revised the school website page (<https://www.facebook.com/BelmontHS>). This is in addition to the existing SENTRAL parental portal, Skoolbag app and email communication.

Phone: (02) 49450600  
www.belmont-h.schools.nsw.edu.au



If you have any problems with accessing these communication tools please contact Catherine Sandall communications office on the school telephone number 49450600.

### **Parent Teacher Interviews**

We are also constantly reviewing the way in which we conduct parent teacher interviews. Changes to this year's organisation were made following feedback from parents through a survey conducted last year. We will shortly be undertaking another brief survey of parents to further improve these interviews. Please look out for links to this survey which will be published soon.

### **Industrial Arts Fire**

Thankfully there appears to have been very little damage in the fire on Tuesday. At this stage we anticipate only minor disruption to classes.

Geoff Robinson  
Principal

## **DEPUTY PRINCIPAL UPDATE**

Belmont High School have embarked on a new reward system to acknowledge positive behaviour. Students can earn a Belmont Bestie from their teachers. They should place these in the box at the front office ready for the draw at the end of each term. Last term the following students: Jonathan House (Year 12), Sam Wilson and Matt Ayliffe (Year 10) received vouchers for Event Cinemas, Jay Jays and JBHIFI. This term the draw will be held in Week 9 to ensure Year 12 do not miss out on the opportunity to win a prize. Students earn a Belmont Bestie for displaying respect, responsibility and being ready for work. Many students have also been sent a school postcard to acknowledge their positive effort for Semester One. We look forward to increasing this throughout the year and would like to thank the parents who have received them for their positive feedback to the school on this focus.

Year 8 students have made a positive start to semester 2. In the upcoming weeks, they will be issued their Stage 5 Subject Selection Booklets containing information on the Elective Courses and how to submit their selection for Year 9/10 electives. Students will receive feedback on their choices early Term 4 and will have the first 5 weeks of next year to make any changes subject to available class spaces.

Year 10 students are reminded that if they have an N Award for any of their subjects they can utilise the school Learning HUB after sport on a Thursday to catch up this work. Staff are available to assist them in this process. Students should book in with Ms Terry earlier in the week to ensure we can support them with the appropriate staff to resolve any tasks. Students are also reminded of the importance of keeping up to date with all of their school work, the need to wear correct school uniform especially for practical subjects and ensuring their attendance to school is 90% and above and that all absences are justified with a note from home to explain it. If students are unable to comply with this they may find they are ineligible for the Rewards Night excursion at the end of Year 10.

Year 12 are rapidly approaching the end of their formal schooling at Belmont High School. They will currently be receiving feedback from their recent HSC Trial examinations. This is a time to reflect on their preparation and review their study program to ensure ongoing improvement for their Higher School Certificate. On Monday August 14 they participated in an individual interview with either the Year Advisors, Career Advisor or Deputy Principal to look at post school planning and how we can support your student.

Year 12 will also participate in a Future Directions Day on Monday August 28. This will focus on developing skills in the form of 10% on top for academic students going for an ATAR, guest presentations on post school options in the form of TAFE courses, resumes, interview skills. We are lucky enough to have Alex McKinnon former Newcastle Knights player to address the students as well as a number of workshops to support stress management and coping strategies in the lead up to the HSC examinations.

Year 12 are expected to maintain an attendance rate of 85% this term and failure to do so may impact on their ability to attend the school formal in term 4. Any absence from school must be justified with a written explanation from parents.

All students are encouraged to focus on improving attendance as this gives them the best opportunity to engage with their learning. If parents/carers have any concerns about their student's progress please contact your Year Advisor as they can help to support your students and direct them to the best possible support services we have at Belmont High School.

Michele Spinks  
Deputy Principal

# P&C REPORT

We are all very excited about the proposed Building Upgrade that was re-announced on Friday August 11. For our August meeting we are hoping that we might be able to review some of the architect's initial plans.

If these are not available we will instead hear from our P&C representative on the Project Reference Group discussing these developments.

We have also invited guest speaker Mrs Robyn Morgan, School Counsellor here at Belmont High, to the meeting tonight. Mrs Morgan will be discussing mental health concerns affecting young people today and developing a positive school culture.

Hope to see you there on Wednesday August 17 from 5:30-6:30pm in the staffroom and of course all parents and citizens are welcome.

**P&C MEETING**  
The next P&C meeting will be held **Wednesday August 16, 2017 at 5.30pm** in the staff common room. **Everyone welcome to attend.**

Stephen Taylor  
P&C President

# TELL THEM FROM ME

This Term, our school will be participating in the *Partners in Learning* parent survey, another part of the *Tell Them From Me* suite of surveys (student, teacher and parent surveys) on student engagement.

The survey asks parents and carers questions about different factors that are known to impact on student wellbeing and engagement.



Running this survey will help our school understand parents' and carers' perspectives on their child's experience at school. These include: communication between parents/carers and staff, activities and practices at home and parent/carer views on the school's support of learning and behaviour. This valuable feedback will help our school make practical improvements.

The survey is conducted entirely online on smartphones, ipads, tablets, laptops or computers. The survey will typically take 15 minutes or less to complete and is completely confidential. The parent survey will be conducted between 25 August and 13 October. Although participating in the survey is entirely voluntary, your responses are very much appreciated.

Our school will provide further information about how to access the survey. In the meantime, more information about the survey is available at: <http://surveys.cese.nsw.gov.au/>

## Tell Them From Me Parent Survey Non-Consent Form

If you **do not wish** to participate in the student feedback survey, please print and sign the form below and return it to the school by Wednesday August 23, 2017.

**I DO NOT** wish to participate in the **Tell Them From Me Parent Feedback Survey.**

Name of parent/carer .....

Signature of parent/carer .....

Date .....



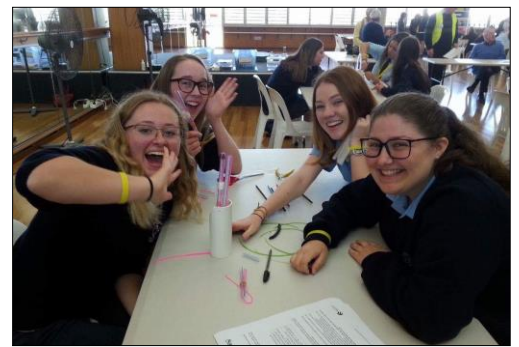
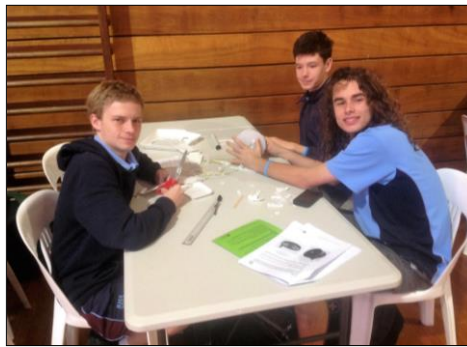
# WORLD OF SCIENCE

## Science and Engineering Challenge

On Thursday August 3, Year 10 students attended the Science and Engineering Challenge at the University of Newcastle. Schools from across the Hunter competed in various challenges, testing their skills in problem solving activities including creating a code using light beams, building a bionic hand, constructing a bridge to support weights and more. Eight schools attended, including Belmont High. The winning school was St Philips Christian College and they went home with a plaque.

When we arrived, we were divided into our groups and given coloured wrist bands to indicate our group colour. This was so that students and teachers knew what activity they were part of. All the groups got to participate in 2 activities during the day besides the grey group who spent all day building wooden bridges which would then be tested in front of all the schools at the end of the day. Students who attended have said that it was 'challenging but fun" and they thoroughly enjoyed attending. All in all it was a great day and everyone who was there had fun.

Abigail Prentice and Mikayla Armstrong  
10B Science





### Year 11 Visit to the Australian Museum

Dinosaurs, fossils, echidnas, snakes and the famous Wollemi Pine were some of the highlights for all the Year 11 Biology students on an excursion to Sydney late last term. 52 students, Mrs Tanti and Ms How braved the cold and the VERY EARLY 6:15am train from Cardiff to Museum Station then a very brisk walk to the Royal Botanic Gardens to start the discovery of the Evolution of the Australian Biota.

One group started a workshop with the mobile Taronga Zoo. Sitting in a big circle on the floor inside the education centre they brought around a selection of Australian animals showing how they have evolved to be ideally adapted to their environment. There was a really cute echidna, possum and snake that were handed around for touching and the echidna was allowed to walk freely around the ring of students showing off his backwards facing feet and very spikey prickles!

A quick swap from the fauna room to the flora room and there were samples of fossils of ancient plants compared to ones that are living and then out for a walk in the gardens. In the garden there is a specimen of the endangered ancient Wollemi Pine and to boost their numbers, they have baby Wollemi Pines for sale in their shop.

Another quick sprint after a very quick lunch in the gardens and then up the road and into the Australian Museum. All bags were locked away and then the 2 groups were divided again for the next 2 workshops.

While one group conducted a self-guided tour of the Australian animal fossils out in the museum, the other group was measuring and analysing fossils bones of extinct animals and comparing them to the size of living ones. In the room were many examples of the ancient animals including Thylacine (Tasmanian Tiger) and the Marsupial Lion (Thylacoleo).

Another swapparoo and it was a sprint to the train station for the long haul back to Cardiff. Arriving at 6pm made it a really long day. A weary but happy bunch of students survived a rewarding day in the big smoke!

Val How  
Science



**SCIENCE ROCKS!**

# TRANSITION

## iTrack

Our students are continuing to benefit from this valuable online mentoring program offered to us through the Smith Family. The guidance in potential career paths and avenues for students to investigate for further study and life after school has provided them with an understanding and confidence of where their future may go.

The iTrack program has taken place throughout term 2 and 3 for 1 hour per week. The mentors remain anonymous and the session takes place in a 'secure online chatroom'. The students have developed a real bond with their mentors and appreciate how random strangers actually care enough about their futures to give of their time each week.

The 2017 cohort have written down some of their thoughts of the iTrack program...

*'Connecting with someone that helps you with future actions'*

*'iTrack helped me develop my knowledge and help clarify my decisions as to what I want to do/achieve when I am older and make a friend during the process.'*

*'iTrack has helped me get to know myself more than I thought I did. I enjoy speaking with my mentor and look forward to it every week. It's almost like a new friend that understands you and is there to guide you.'*

*'iTrack has really helped me as my mentor has furthered my career knowledge. She has guided me and listened to my thoughts to help me. The times that I have attended iTrack have helped. It's such a great program and helps with schooling. Being able to talk to someone and have an aspect on someone else's career/life always helps'.*

*'iTrack helped me by helping me choose what I want to do in life. My mentor and I talk lots about my future and it boosts me to find what is best for me. I have never thought that talking to a random person who I have never met before would help with my future and I appreciate them for taking the time to talk to me every week and guiding me and my decisions. I really enjoyed speaking to my mentor'.*

*'iTrack mentoring program has helped me know about my career, discussing about work'.*

*'iTrack mentoring program has helped know how to message an employer and know that work is a good option.'*





### Grounds Maintenance

A new program is currently in the early implementation stage at Belmont High where students will be working at beautifying our school grounds under the guidance of our very own casual teacher and landscaper Mr Scott McGrevy. His skills and understanding of what is required for such a program to be a success are invaluable.

Throughout the program students will develop skills in team work, communication, cooperation and skills specific to landscaping.

### Youth Frontiers

Our 2017 Youth Frontiers cohort are currently working hard to meet deadlines in the planning and implementation of their community project ideas.

Along with the assistance and guidance of their mentor, students are gradually working towards showcase day where all Youth Frontiers groups from other schools within the region come together to present their completed program as a visual display.

Work related skills are developed throughout this process, where communication, time management and responsibility are extremely important traits to display. It is hopeful that throughout the 2 terms students will steadily progress and develop confidence in their own abilities.

A huge thank you must go to the mentors who facilitate students' progress by assisting with goal setting, research and management of weekly sessions.

We look forward to sharing in the students achievements at the Plan It session in week 6 of this term and the Showcase in November at a final function at Town Hall. Great effort to all involved!



### Cinema Work Readiness

Another group of students have embarked on the Cinema Work Readiness Program run through Jobquest at Kotara Event Cinemas.

Working in all aspects of the cinema industry during the weekly sessions, students focus on customer service, communication and team work. This current program requires students to make their own way to and from the venue on public transport, developing confidence and organisational skills in the use of public transport to reach a work place on time.

The many work related skills students are learning in this program will stay with them for their future transition into the workforce.

Students participating are Kyhe Borstell, Olivia Sweeting, Ebonee Molloy, Taylar Griffiths, Jaiden Black and Ebonee McGregor.



**Coffee Shop**

We love our visits from family and friends to our Coffee Shop on a Wednesday morning. These visits provide our students with the chance to practice their food service and communication skills as they take their orders, deliver the tasty treats and use their maths skills to collect payments as they leave. Our mornings are very busy and tiring however, seeing the students' achievements and smiles makes it all worthwhile.

Our Coffee Shop as we know it will be making some small changes in the near future. These changes will see the students cooking all the food for the daily menu each Wednesday morning, giving them new and varied learning experiences each week. This will assist them in learning new skills that will help them to be more independent and understanding of meal planning options as they leave school in the future.



Karen Newman  
Transition Coordinator

**CREATIVE & PERFORMING ARTS****Music****Music Art Festival**

What a wonderful way to finish Term 2! Music Art Festival was a celebration of the some of the talented and creative students we have here at BHS. It was an honour to host our feeder primary schools in a day of band and vocal workshopping and especially gratifying to watch the way many of our students mentored and interacted so naturally and enthusiastically with the younger students. As always, we are indebted to the many teachers who gave up their time to supervise students in the holding rooms (a very noisy job!), help with administration and to Mr Jarrod Latter who operated the sound desk.

**Upcoming dates**

Wednesday August 23 - Lizotte's

Sunday September 17 - Valentine Band in the Park

Sunday October 22 - Jewells Public School Fete

Week of October 16 - Bandfest at Lake Macquarie Performing Arts Hall

**Invitation**

You are invited to hear BHS senior students feature at: Live@Lizotte's



31 Morehead Street, Lambton

Fine Food with a Music Mood

Wednesday August 23

Doors open 6pm

Tickets \$19 must be purchased in advance  
(lizottes.com.au) phone 49562056

Beautiful a la carte menu or bar snacks available.  
Why not make a night of it and book a table for the whole family?

Yours in another term of memory-making musical moments!  
Mrs Johnson, Mrs Gill, Mr Gill



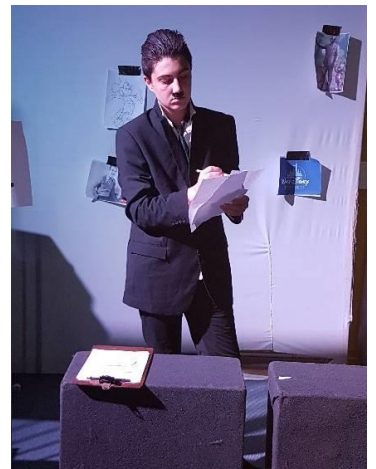
MUSIC ART FESTIVAL





**DRAMA REPORT**

Our Drama students and staff have been hard at work building new theatrical skills and creating performances for audiences both in our school and across the Region. Here is some of what we have been up to:



**Living Museum**

Year 8 Semester elective Drama students invited Year 7 students in to our classroom to experience a "LIVING MUSEUM". Using their research, Drama students prepared a character in costume (living or dead/fictional or not) and a script for presentation to a moving audience. With Drama students set up at their allocated booths at stations featuring posters/articles/memorabilia relevant to their character around the Performance Space, Year 7 students and their teachers were invited to experience an interactive style of theatre where students were asked to pose questions to the actors, who then responded in character. Following this, they voted on the most successful performances. What a treat to have the chance to meet: Walt Disney, Sandy from Grease, Bear Grylls, El Chapo, Adele, Darth Vader, and Jack Black among others.

**Shakespeare Carnival**



This year saw Drama host their very first Shakespeare Carnival at Belmont High School. Students were invited to submit entries to a number of categories where they had the opportunity to creatively present the works of William Shakespeare in performance, dance and song.

We had a number of excellent entries ranging from Year 7 to Year 10 and of these, two pieces were selected to move through to the Regional Shakespeare Carnival held at Hunter School of the Performing Arts.

Hannah Richens and Daniel Griffiths delivered strong performances following which they were treated to a Master Class with Sport for Jove, Shakespeare specialists, Chris and Jo. Well done girls!





### Starstruck

Our Drama students were on show at Starstruck's 25<sup>th</sup> anniversary celebrations last semester and featured in three performances at the Newcastle Entertainment Centre. Of particular note were our Photographer from the Gold Rush Days played by Sam Norman, and our little old couple left last on the floor, Ewan McGregor and Heidi McBriarty. Our students played the roles of Gold Rush Diggers, Dance Hall punters and Patch Adams clowns.

All students behaved professionally and had the excellent opportunity to be involved in such a high standard of performance with their peers in public schools across the region. Our sincere thanks to parents and care givers who supported our students in attending the many rehearsals and late night performances to 'get the show on the road'!



### Dramaworks

Each year, Drama teachers working in local public high schools are invited to nominate the best of their Drama students to attend Dramaworks workshops which take place in the last week of Term 2.

Students must demonstrate a commitment to extending their skills through participation in extra-curricular performance activities in and/or outside of their school experience.

Students attend a week long workshop of a particular theatrical convention led by Entertainment Industry Professionals, which culminate in a Showcase Performance open for consideration in State Drama Festival.

In June, four of our Drama students were nominated to attend Dramaworks: Hannah Richens, Sam Norman, Allyson Hatherley and Mieah Richardson-Gillies. Students had the opportunity to learn new skills in Multi-Disciplinary Theatre, Frantic Assembly conventions and Body Rhythms. As a result of these workshops, one piece has been nominated for STATE DRAMA FESTIVAL and features Hannah Richens in a lead role. Our fingers and toes are crossed for them.



Additionally, Allyson Hatherley and Mieah Richardson-Gillies were interviewed as part of a Newcastle Herald article following the development of their performance piece which features the story of Bernie Sanders, a local man who recently lost his life to the struggle of living with mental illness. (Please see the article attached)

<http://www.theherald.com.au/story/4761214/mental-health-drama/>

These students have been invited to perform their piece as part of Mental Health Awareness week this September in Civic Park. Your support for this event would be greatly valued.

### Year 12 Drama set to go

Our students are readying for their final performance exams which take place this month on August 30. They have been working hard to build their performances from the ground up by developing their monologues (some of which have been written by our students themselves) and creating their group performance piece on the topic of dementia.

Year 12 performed for junior audiences and their parents and friends in the Performance Space last Friday August 11.



**Girl Interrupted**

Greta Driscoll is on the cusp of her 15th birthday and grappling with first kisses, a new town and cliques at school. Then there's her parents, who want to throw her a birthday party.

Year 10 Drama have been working on their whole class play, *Girl Asleep*, which is a contemporary Australian play written by Matthew Whittet and will be ready to perform for two audiences on Friday August 18 at 2pm and 6pm. It is recommended for ages 14+.

*Girl Asleep*



Renee Berger  
Drama

**ACMI Short Film Competition**

Year 8 Drama students are busy creating their entries for SCREEN IT 2017 exploring the theme of TIME in under one minute. Part of this competition affords our students the opportunity to take part in full interactive sessions where they can learn:

- Live action film techniques
- How to make an animation
- Video game creation

**VISUAL ART**

**John Coxon Memorial Photographic Prize**

On Saturday night, July 29, Jayden Gilmore of year 11 and his family, attended the inaugural John Coxon Memorial Photographic Prize at Merewether Surfhouse. Jayden's Mum had received a call to say that he was in the top 3 for the Student Landscape Category (information she had kept from Jayden).

It was a huge event with the full force of the photography community out to support the memory and legacy of John Coxon. Many people came together to create this prize, primarily John's mother, who funded it with a huge injection of funds.

The quality of the entrants and the evening was amazing. To Jayden's credit he took out 1st Prize and won a \$400 gift voucher to Camera House as well as a cheque for \$100! Congratulations Jayden!



**Operation Art**

Each year a major art exhibition called Operation Art is held, where 10,000 visitors view the work of selected students.

This year Belmont High School is proud to announce that four of our students were selected. Jillian Sarich, Jackson Voorby, Emily Magri and Madelyn Anderson. The exhibition is held at Armory Gallery Sydney Olympic Park Sept 9 – Oct 29.

Carla Feltham  
Visual Arts





## STUDENT WELLBEING

During Terms 2 and 3 the Wellbeing Team have been busy running many programs in the school supporting student's with coping strategies and developing positive self-worth to be the best they can in all aspects of their lives. Our school has a strong commitment to providing our students with a positive, enjoyable and successful school experience.

Some of the programs we are able to offer students are resilience, mentoring, self-esteem and confidence, anger-management, and grief and loss. If you feel that your child could benefit from one of the many programs that the school offers please contact their Year Adviser, Head Teacher Welfare James Brown or Student Support Officer Karen Sawyer.



During Term 2 Brainstorm Productions presented an engaging educational theatre performance to all Year 8 students addressing who, what, why, where and how cyber bullying occurs allowing students to examine these questions.



This was then followed by a presentation from the 'Love Me Mission' to inspire youth to embrace a healthy lifestyle both mentally and physically.

This term Brainstorm Productions returned to present to Year 7 'Verbal Combat'. This performance addressed cyber bullying in schools through cutting edge educational theatre.

A talk from Senior Constable Nathan Johns followed, focusing on the importance of Cyber Safety and the implications of Cyber bullying. The students were engaged in both presentations and represented the school with enthusiasm and maturity.

Karen Sawyer  
Student Support Officer

### SOME HELPFUL LINKS FOR PARENTS TO MONITOR ONLINE PRESENCE

- <https://parents.au.reachout.com/common-concerns/everyday-issues/things-to-try-school-and-education/help-my-teenager-manage-exam-stress>
- <https://parents.au.reachout.com/common-concerns/everyday-issues/exam-stress-and-teenagers>
- <https://parents.au.reachout.com/common-concerns/everyday-issues/things-to-try-exam-stress>
- <http://ourpact.com/> The Essential App for Parents - OurPact Parental Control and Family Locator - A simple family locator and parental control app that allows parents to locate family members and limit screen time by blocking internet and app access.

# SPECIAL EDUCATION

Firstly, I would just like to formally acknowledge and thank the fantastic students and staff we have here at Belmont High who volunteered their free time to assist our wonderful students at Starstruck and in other activities we have here at school.

Special mention must go to Jackson Harvey, Billy McNamara and Kelly McCabe, who worked alongside our wonderful Special Education staff. The generosity of these students enables our students to participate and enjoy all activities our school has to offer including Starstruck, swimming, athletics carnivals, and classroom and playground activities.

These students display dedication, commitment and outstanding values. For Starstruck these senior students gave up their time and forgo their part time work to assist many of our students to perform at Star struck. The students within the Special Education faculty have also developed beautiful friendships with these students and this rapport is something that will forever be a positive lifetime memory for both parties.



Kelly McCabe, Billy McNamara and Jackson Harvey offer wonderful support for our Special Ed students, pictured here with Caitlin Spiers, Jess Coles and Haylee Field

The Big Picture Exhibitions are a highlight for the students in Mrs Shaw's class. The variety of subjects and presentations is quite diverse, with different exhibitions including kitchen demonstrations and trampolining exhibitions. This is a celebration of the students learning with the students being eager to communicate and display their work. This is their chance to be in the spot light. It is great to see students invite family, peers and staff to these events.

This opportunity enables students to present their portfolio of work, practise public speaking and get expert advice from adults and peers on how to enhance and challenge their learning. Depending on the individual student and their needs, the number or frequency of exhibitions will be different for each student and their abilities.

This semester we farewell Miss Emily King who has been working in the Senior IO class as she ventures into a new career path. Mrs Leanne Cox will be working Mondays and Miss Astrid Crosbie will be adding Tuesday to her week in the Senior IO class.

This semester we will also be having an Intern in the Junior class, Mr Matthew Goodliff, who will be working with Ms Avery.

Lisa Shaw  
Special Ed



# COOKING IN TAS

We would like to thank the many local hospitality businesses that offered our students the opportunity to complete their mandatory work placements. Our students were able to gain great insight into the daily operations of the hospitality industry.



Nadine Hooker  
TAS

# SPORT REPORT

## Regional Athletics

Congratulations to all students that represented Eastlakes Zone at the Regional Athletics Carnival on Wednesday and Thursday, July 26 and 27, at Hunter Sports Centre, Glendale.

We had over 30 students represent in a variety of events. Highlights were the 1500m Girls Open event with Jessica Noble of year 11 placing 1<sup>st</sup>, Abbey O'Toole of year 9 placing 2<sup>nd</sup> and Emma Young of year 9 placed 3<sup>rd</sup> in this event. Go Belmont!

Jessica Noble also had success in the 800m and 3km races, progressing through to the CHS State Championships for these events. Other students successful in progressing to state include Ashlyn Blackstock of year 8 who won discus, came 2<sup>nd</sup> in javelin and won shot put, beating the regional record by over a metre. James Downie also of year 8 came 2<sup>nd</sup> in javelin and Kayne Gilmore came 1<sup>st</sup> in discus. Anderson Magri of year 11 also made it through for the 400m. Congratulations to all students for these fantastic results. Good luck at CHS State Championships in September.







**State Cross Country**

NSW CHS All Schools Cross Country was held on the 21<sup>st</sup> July at Eastern Creek. Jessica Noble and Abbey O'Toole both competed at the event, fulfilling an excellent achievement to get so far. Jess achieved a bronze medal in the CHS category and Abbey came 34<sup>th</sup>. Such an amazing effort by both girls in a tough event. Well done to you both!

**Regional Trampolining**

Congratulations to the following students who were selected to represent the Hunter Region at the NSWCHD Trampoline Sports Championships. This will be held at the Central Coast Youth Club, Niagara Park on 14<sup>th</sup>-15<sup>th</sup> September 2017.

Neville Simon, Flynn Wallace-Smith, Lochie Green, Jai Starrett, Chloe Davis, Sienna Giudice, Morgan Williams, Zali Sales, Laura Abell, Jessica Pickering, Trinity Hopgood and Olivia Sweeting.



**NSW Combined High Schools Secondary Touch Football**

Lily Unterrheiner of Year 11 was selected as part of the Hunter team to represent in the NSW Combined High Schools Secondary Touch football competition at Bateau Bay on June 20-22.

Her team progressed all the way through heats, semi-finals and progressed to the finals, losing by only 1 point. Congratulations Lily!



**Hunter Dance Festival**

Year 9, 10 and 11 Dance elective groups performed at Hunter Dance Festival on Tuesday 25<sup>th</sup> and Wednesday 26<sup>th</sup> July at Wests City. All groups did an amazing job and represented Belmont High in a positive way.

Thanks to all that were involved and a big well done also to Mr Lambkin for once again being in control of the music and compering, doing a brilliant job as always!





**Nationals Sport Aerobics**

Congratulations to all of Belmont High Schools students that competed at the National FISAF championships in Brisbane between the 27<sup>th</sup>-20<sup>th</sup> July. All competitors trained hard and did an amazing job.

Special mention to Mackenzie Glover of year 10 who came 1<sup>st</sup> in Singles, Siennah Pirona placed 2<sup>nd</sup> in Singles and Ella Douglas, Shauna Boots and Madison Dodds who's fitness team placed 1<sup>st</sup>. Mackenzie and Ella also achieved a first in their trio division and Madeleine Towers came 1<sup>st</sup> in Pairs. Congratulations to Olivia Black and Kelsey Gay who competed in a fitness team and Emma Hodgson also competed in singles.



**Canadian Trampoline Championships**

Jessica Pickering qualified for the World Championships in Bulgaria and attended a training camp in Canada during the school holidays, training alongside the current Olympic Champion. She was outstanding in her events leading the Women's team to Gold and placing 5<sup>th</sup> in her individual event. Congratulations Jessica!

Mel Fagg  
Sports Organiser



# CAREERS NEWS

## YEAR 12 NEWS

UAC is now open for 2018 University applications. UAC guides have been distributed to students, but if you missed out on collecting one they are available from the Careers Office.

Year 12 Future Directions Interviews will be held in Week 5.

[www.belmonthighcareers.com.au](http://www.belmonthighcareers.com.au)

*Check out our Careers Website for all your Careers needs!*

## Year 10 Work Experience

We encourage ALL Year 10 students to participate in the Work Experience program. Students need to attend a work experience meeting to receive all appropriate information and paperwork. Meetings are scheduled for week 5 and 6 this term. All paperwork must be returned by week 8. See Mrs Hilder for further enquires.

**Term 3 WE dates – Sept 18 - 22**

## DID YOU KNOW??

Students can create their resume and cover letters through the BHS Careers Website!

Go to [belmonthighcareers.com.au](http://belmonthighcareers.com.au)

1. Go to For Students
2. Student Secure Area
3. Register
4. Login
5. Create a Resume
6. Simple Resume

\*\*\*\*\*

Each week students in Years 10, 11 and 12 receive weekly emails with all local job opportunities, apprenticeships and traineeships?

Please check your school email addresses!

## TAFE for SCHOOLS

TAFE applications have been submitted for the 2018 school year. Students wishing to complete a TAFE subject in 2018 need to see Mrs Hilder ASAP! Students completing a course at TAFE or with an RTO will need to apply for a USI number.

<http://www.usi.gov.au>

## Get Qualified!

Belmont High have the following courses scheduled for students to gain qualifications.

### White Card (Construction Safety Induction) \$85

- White card course 3 - 8/9/17
- White card course 4 - 1/12/17

### Provide First Aid Course \$70

- First Aid course 3 - 14/9/17
- First Aid course 4 - 24/11/17

Students should collect a permission note from the Careers office and pay at the front office to confirm their position in the course.

All student will need a USI to complete the course.



# SCHOOL SHOE REQUIREMENTS

The school must abide with the WH&S safety rules that are now law in all DEC schools across the state. When purchasing your child's footwear, use the following images as a general guide.

All shoes **MUST** be full leather, black shoes. Our uniform code states that these shoes are to be worn on all school days except Thursday, when full leather sports shoes must be worn.

- **Correct Footwear** – for use with our school uniform – **black leather, lace up shoes**. Must not extend over the ankle or have a platform. The leather must cover the whole foot for safety.



- **Incorrect Footwear** – Due to WH&S policy and the safety of your child slip on shoes and shoes that do not cover the whole foot are **NOT** acceptable.



- **Correct Footwear for Sport** – Sport shoes should be predominantly white, either lace up or Velcro. Shoes should be supportive of the feet during exercise. The whole of the upper foot must have a solid cover.



- **Incorrect sports shoes** - Slip on sports shoes are **not permitted**, these include canvas shoes as they are not supportive or appropriate for sport and PE.



## Country Feeling at "THE CAGE"

Belmont High School Uniform Shop

Opening Hours  
Term 1

MONDAY	12.40pm - 1.20pm
THURSDAY	8.15am – 9.15am

EFTPOS available

All cheques to be made payable to  
COUNTRY FEELING

Entry outside school hours via Albert Street

Contact Email: [country.feeling@bigpond.com](mailto:country.feeling@bigpond.com)

Belmont High School Uniform Shop Price List	
<b>Girls Uniform</b>	
Blouse - Junior and Senior	\$31.00
Skirt - Junior and Senior	\$45.00
Rugby Sports Shorts	\$22.00
Dress Shorts	\$40.00
<b>Boys Uniform</b>	
Blue Polo	\$32.00
Sports Shorts	\$29.00
Senior S/S Shirt	\$26.00
Senior White Polo	\$26.00
<b>Unisex Items</b>	
Sports Polo	\$30.00
Jacket	\$56.00
Polar Fleece Jumper	\$35.00
Sloppy Joe	\$30.00
Knit Jumper - size 8	\$65.00
Knit Jumper - size 10/12	\$70.00
Knit Jumper - size 14/16	\$75.00
Knit Jumper - size 18	\$80.00



## ENGAGING ADOLESCENTS™ PARENT COURSE

*Parenting skills for resolving teenage behaviour problems*

A three-session program for parents and carers  
at **Swansea Youth Centre**

(in Swansea Library/Community/ Tourist Info Centre, 228 Pacific Hwy).

When: Monday Evenings 21<sup>st</sup>, 28th August & 4<sup>th</sup> September 2017

Time: 6pm – 8pm

Cost: \$20, refreshments included.

### Learn:

- ✓ Some common ground shared by parents & reasonable expectations to have about adolescents
- ✓ New understandings of adolescence
- ✓ A three-option model & flow chart for decision-making
- ✓ Self-check-in, first-for parents
- ✓ Building relationship with your teenager and making the best of your non-crisis conversations with them
- ✓ Skills for tough conversations for handling those problems you just can't ignore

### What parents have said...

*A step dad recalled an incident at the weekend with his 12 year old step daughter. He said that the input he had received the previous week from the course helped him keep his cool and brought a more favourable outcome.*

*A single Mum who had presented as quite anxious on the first night told the group in week 2 that she had made an appointment with her 15 year old son during the week and had had a far more favourable discussion with him than would previously have been the case.*

### Who's running it?

The trainer for this course is Michael Burke who works as an Adolescent & Family Counsellor in the East Lake Macquarie Local Government Area. East Lakes Youth Services are hosting and collaborating with the workshop.

### Registration is required

Limited spaces are available, please register for this course by contacting:

Michael Burke ph. 0408 474 602.

**EASTLAKE YOUTH CENTRE INC**

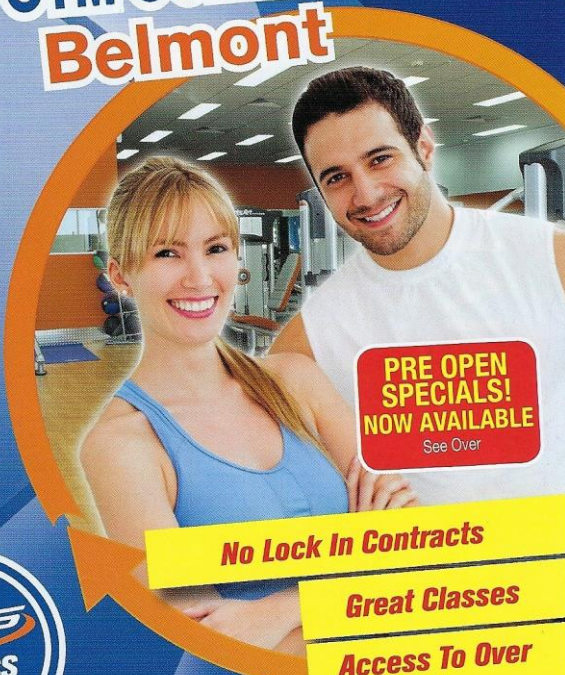


ALLAMBI CARE

• An end to the arguing and yelling! • It saved our lives • Simple, sane, effective •



# NEW GYM COMING TO Belmont



**PRE OPEN SPECIALS! NOW AVAILABLE**  
See Over


**No Lock In Contracts**

**Great Classes**

**Access To Over 180 Gyms**

**Open 24/7**

**PLUS fitness 24/7**



**Belmont**  
401 Pacific Highway 2280  
PH: 0434 912 242  
belmont@plusfitness.com.au

## Belmont Softball Club

Only softball club on the Eastern Side of Lake Macquarie

### Come & Play Softball With Us

Bring the whole family

Season Commences: 14 October 2017  
Same time, same place, every Saturday

Age Divisions for both males and females		Cost
Benny Ball	Between 3-6 years of age as at 31/12/17	\$45.00
Sub Junior	12 years & under as at 31/12/17	\$110.00
Junior	17 years & under as at 31/12/17	\$140.00
Senior	18 years & Over as at 31/12/17	\$160.00

\$100 Govt rebate for enrolled students K-12

**REGISTER ON-LINE**

Registrations are available on line from Monday 14 August  
Website: <http://belmontsoftballclub.weebly.com>  
or through our Facebook page: Belmont Softball Club

Or come and see us at Belmont Sporties Club (Maude St, Belmont)  
Saturday 19 August 2pm to 4pm or Sunday 27 August 12pm to 2pm.

For more information contact:  
Kim 0411 281 154  
Email: [softballbelmont@gmail.com](mailto:softballbelmont@gmail.com)

**Life is simple**  
Eat. Sleep. Play Softball.

**Softball LIVE IT LOVE IT PLAY IT**

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**MSG "yes please" to**  
**0401971104 or 0422456644**

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