



Building Harmony and Success

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

PRINCIPAL'S MESSAGE

Phone: (02) 49450600

www.belmont-h.schools.nsw.edu.au

Staffing News

Welcome to Suzanne Ross who has joined us from the beginning of the term as Head Teacher Technological and Applied Studies. Suzanne comes to us from her head teacher role at Maitland Grossman High School replacing Helen Cook as head teacher.

Congratulations also to Catherine Rees from Lake Macquarie High School who has accepted the position of retail and business studies teacher at Belmont High School. She is expected to start duties as soon as possible.

Building Upgrade

We are seeing further progress in the development of the final concept plan for the proposed building upgrade at Belmont High. The plans were on display at the recent parent teacher interviews and the May P&C meeting with parents requested to provide feedback to the planners and architects.

The project managers will also be attending the June P&C meeting to discuss the plans and provide an opportunity for all parents to be consulted on the final plans. The June P&C meeting will be held on June 20 from 5.30pm in the staff common room. All are welcome.

It is anticipated that the final plans will be sent out to tender shortly with construction to commence before the end of this year.

Keep an eye out in the newsletter and on our social media platforms for further updates.

School Uniform

Congratulations to all of the students who have made a serious effort to follow the school's uniform policy despite the onset of some colder weather. Students who are wearing correct uniform will be rewarded with a Belmont Bestie and go in the draw for a prize each term.

Students who cannot wear uniform on any day need to bring a note from parents for the day. Students who fail to follow these procedures will be dealt with according to the school's uniform policy that may result in a lunch detention.

DATES FOR YOUR DIARY

May	
29	Year 10 & 11 Vaccinations
June	
1	Regional Cross Country
4	Provide First Aid Course
6	NAMBUS Year 10
8	Starstruck Choir Rehearsal
13-15	Starstruck Performance
18	Year 10 Subject Selection Interviews
20	Zone Athletics
20	P&C Meeting
22	White Card Course
22	UAC Information Day
28	NAIDOC Assembly
29	Safer Driver Course
July	
2	Trial HSC Dance Performance
6	Last Day Term 2

Important Dates for 2019 classes

Planning is already underway for 2019 classes with year 10 students selecting subjects for their HSC shortly. Information on subjects available will be provided to students and will be accessible on our social media pages.

Parents of year 6 students should have submitted their application forms for 2019 high school placements. If you have any enquiries about enrolment for years 7 or 11 next year please contact the school office on telephone number 49450600 for assistance.

P&C MEETING

The next P&C meeting will be Wednesday June 20, 2018 at 5.30pm in the staff common room. Everyone welcome to attend.

ANZAC Day

Thanks to all of the students from Belmont High School who attended the Belmont ANZAC Day march and service during the holidays. Despite the inclement weather, we had a good representation of students participate.

Well done to the school leaders Jake, Jessica, Casey and Emelie who had major roles during the ceremony at Cullen Park and received great feedback from community members for their efforts. Well done all!

Geoff Robinson
Principal



P&C REPORT

The P&C has taken a great interest in the School Redevelopment and have been able to keep informed of its progress by having a monthly report from the Principal Geoff Robinson and a member of building committee Malcolm Barnes. At our next P&C on Wednesday 20 June from 5:30-6:30pm, we will have the project managers themselves talking to us about the upgrade and we will have a chance to talk together about the plans as they are at present. All welcome.

Can I also thank those parents who completed our quick survey on the P&C. The results indicated great support for what we are doing but also presented a challenge as to what day and time would maximise the amount of people who could come to our meetings. At our next meeting, we will look at all the results and will keep you posted as to what our plans are. If you have not filled in the survey there is still time to do so and you can find it at;

<https://www.surveymonkey.com/r/MH3Q8P6>

The P&C's aim is to help the flow of information between the school and the families it seeks to teach. We would love your help into the future to do this even better.

Stephen Taylor
P&C President

OPENING HOURS
Terms 1 & 4
 Mon 12.30-1.30pm
 Tue 2.45-3.45pm
 Thu 8.15-9.15am
Terms 2 & 3
 Mon 12.30-1.30pm
 Thu 8.15-9.15am

Blouse Jnr & Snr	\$31
Skirt Jnr & Snr	\$45
Girls Shorts	\$22
Dress Shorts	\$20
Boys Everyday Polo	\$32
Boys Sports Shorts	\$29
Senior Boys Shirt White	\$26
Senior Boys Polo White	\$26
Sports Polo	\$30
Jacket	\$56
Sloppy Joe	\$30
Polar Fleece Jumper	\$15
Knit Jumper	\$65-80
Hospitality Polo	\$30
Book Packs Yr 7, 8, 9/10	

Online ordering – collect from Uniform Shop
www.countryfeelinguniforms.com.au
Country.feeling@bigpond.com
 0414 651 211

Don't forget to download our school's Skoolbag app to ensure you are kept informed and up-to-date on what is happening here at school.

The Skoolbag app is great for:

- ❖ Notices
- ❖ Reminders/cancellations
- ❖ Information/permission notes
- ❖ Advising student absences
- ❖ School newsletters
- ❖ Events
- ❖and more

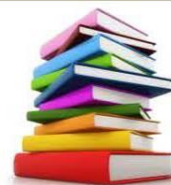
INSTALLATION INSTRUCTIONS

Just go to the app store on your device and download the Belmont High Skoolbag app. It's that simple!



PROGRAM

TERM 2, 2018



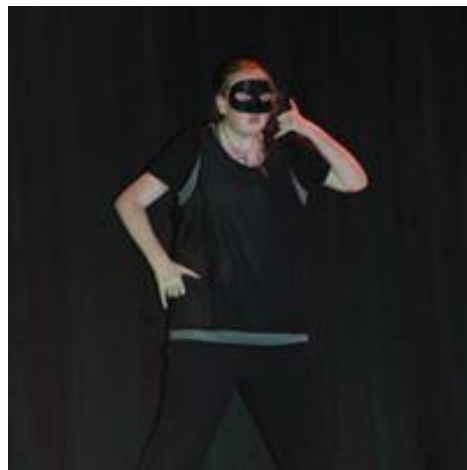
Is your child in Year 11 or 12 and needing a little extra help organising their study and preparing for Assessment tasks?

Most students are told to develop a study program and revise lesson content in preparation for assessment tasks and the HSC. The problem with this is that most teens struggle to understand exactly what that means and more importantly how to do it.

The Learning Hub has developed a program which will give students the extra help they need to develop strategies for study and skills for assessment preparation to ensure preparedness, reduce stress and improve results. **Interested students should register their interest with Ms Terry in the English Staffroom.**

Week	Information Session
Week 1	Open Study - <i>Students are free to work on individual study and revision.</i>
Week 2	Assessment Task Prep - <i>How to understand and prepare for Assessment Tasks.</i> Planning and preparation for assessment tasks is the key to succeeding but most students don't actually know how to organise themselves and their time to properly prepare. This session will deconstruct the planning process of assessment task preparation and help you get ready for that next big task.
Week 3	Revision Realisation - <i>What is revision anyway and how do I do it?</i> You are always being told to revise the work you complete at school or work you have completed in the past. But what exactly is revision and how do you do it. This session will explain the revision process, how to revise effectively and the benefits of regular revision.
Week 4	Study Skills - <i>How do I study and how is it different to revision?</i> Studying is a necessary component of senior education and, going on to TAFE or University, is something you will need to master. But how do you study, what do you study and how do you establish a study plan. This session will assist you not only to develop a study timetable (and yes FUN is scheduled in!!) but also give you strategies for successful study.
Week 5	Stress Strategies - <i>how to identify and manage stress.</i> We all feel the effects of stress at some point in our lives. For you, it may be in preparation for the next assessment task, the HSC, or it may be something you feel when you have a lot on your plate. Regardless, being aware of stress and how it makes you feel, as well as having strategies for managing your stress, is important and will be a life skill you can utilise in the future.
Week 6	HSC Health - <i>Planning for a healthy HSC experience</i> Working toward the HSC is a huge process. And it is one that can take its toll on you if you do not look after your health as well as your mind. This session will discuss healthy habits to ensure you are in tip top shape in the lead up to the HSC.
Week 7	Time Management - <i>What is it and how do you get better at it?</i> Senior students seems to get a little lost when it comes to time management, and to be honest, it is a strategy that a lot of adults fail to manage as well. But it is a skill which will minimise stress, assist you in preparation for the HSC as well as in your future and will help you fit that all important social calendar into your HSC prep so you can have a little FUN!
Week 8	Procrastination Plus - <i>How to avoid procrastination</i> Procrastination is a huge issue for a lot of people and while it may help you avoid sticky situations and things you just don't want to do, it usually only makes the problem bigger. Find out how to approach issues head on to help you get through the hard stuff you just want to avoid.
Week 9	Mindfulness Matters - <i>What I believe I achieve!</i> Being centred and focused is often hard to do. Sometimes, with everything going on around us, we may struggle to stay present and in the moment. Mindfulness is a technique which can help you stay focused and achieve your goals. Come along and find out how to apply this skill to your study and your life.
Week 10	Semester Debrief Term 2 is over and it's time for a break. This session will give you a chance to get things off your chest, relax and unwind after a big 9 weeks. But, it will also give you a chance to put some of the things you have learnt throughout these sessions into practice and plan for a productive and restful 2 weeks break.

HIPTHRUST 2018



SUPPORT CLASSES

It has been wonderful to see so many students participate in the YES programs at TAFE. This term we have students participating in taster courses. These programs are designed to engage students with industry training and to develop pathways into future training courses and opportunities. At Hamilton Campus, we have Georgia experiencing Cookery/Hospitality and Padraig, Hospitality/Bakery. At Newcastle campus, Lakeisha is participating in Building finishes – Painting.

Some of our students have been experiencing the Cinema Ready program at Event Cinemas Kotara. Luke, Kyhe and Jason have enjoyed the Cinema Ready Program working in the community and learning skills to prepare them for the world of work. Nicholas has been busy at work experience in the canteen and at Belmont Woolworths.

Starstruck is another fantastic opportunity for the students. Rehearsals have begun and the term will become busy with Starstruck dates. This year we have 7 students participating in Starstruck: Jessica, Georgia, Mia, Kyhe, Jonathan, Caitlin and Luke.

The School Leavers Expo for Students with Disability is on Thursday 26 July 9.00am-1.00pm. This is everything students and families need to know about moving to life after school. The expo will provide you with information about community connections, advocacy, disability services, support services, technology and more. This term we will be having interviews with our Year 10 students and parents to map out their pathways for Year 11 and 12 so as students have success.

Lisa Shaw

Head Teacher Special Education (Relieving)

COFFEE SHOP

Throughout Term 2 our Coffee Shop crew are "travelling the world", learning about the food, flags, music and scenery of various countries. Our menu changes weekly and offers 3 courses with our specialty scones a regular feature. Our first 'stopover' was France, followed by Italy, Germany and Japan. The latter half of the term has us 'visiting' Mexico, Britain, India and America.

Our Wednesday mornings are extremely busy as all meals/items are cooked fresh each week. The students are thoroughly engaged in their unique learning experiences while also creating positive staff wellbeing as staff enjoy their visit to our very own restaurant.

Students began the term by creating their own passports and trying very hard not to smile for their 'passport' photo. They then enjoyed looking at the world map to understand where the countries we are 'visiting' are situated. Flags and menus have been created to change weekly allowing students to focus and learn about new cultures and cooking methods.



Karen Newman
TAS Teacher

SCIENCE

Year 8 Science

This term, Year 8 has been investigating Static Electricity and how lightning is made. 8L has enjoyed experimenting with balloons to create an electrostatic charge capable of making their hair stand on end. The Van der Graaff generator was a big hit in the classroom, discharging thousands of volts in every spark. Our budding investigators discovered hair, metal and even skin were excellent conductors. This is one of those important experiments that maybe even parents might remember doing!

Rachael Tanti
Science



CAPA REPORT

Visual Art

On the 3rd April, senior students in Visual Art and Photography spent the day visiting galleries and landmarks to source inspiration for their practical work as well as expanding their knowledge of the critical and historical aspects of art and photography.

Our first stop was the Lake Macquarie City Art Gallery where we visited the 'First Class' exhibition. This exhibition is now in its tenth year and showcases top HSC artworks from around the Hunter. Last year Georgia Beeton was featured and this year 2017 HSC student Cassidy Gu had the honour of being selected. The students were able to draw inspiration from seeing the scope of the work and I am sure we will be visiting again next year to see the work of a BHS student!

We then left the Lake and headed into Newcastle, for the next hour or so the amazing coastal landscape from the top of Kind Edward Park down to the Baths was our playground and allowed the students to hone their photographic skills. Leaving the coasts edge we walked through the East End to The Lock Up, a place that once held short-term prisoners is now an art gallery. The exhibition was very thought provoking and showed the students that art is more than 'just a pretty picture', it could be a vehicle for social change. The students represented BHS to the highest standard and are to be commended for their polite and mature behaviour.



Zoe Heaney and Amanda Stokes Year 12 Photography students shooting images at Newcastle Baths.



BHS students listening to The Lockup Director Jessi England discuss the current exhibition.

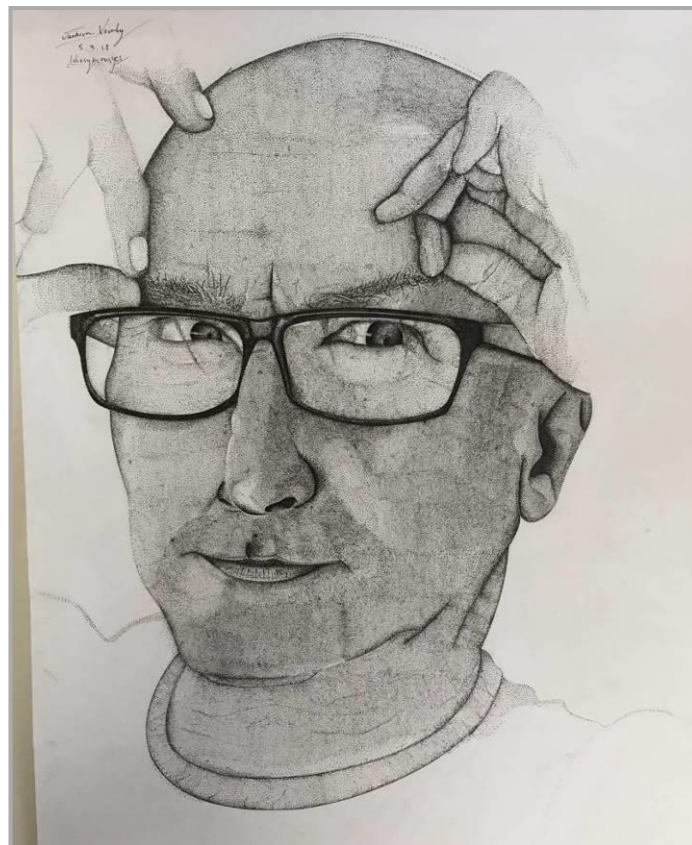
On the art prizes front, congratulations go to Jackson Voorby and Jillian Sarich, both in Year 11 for completing and submitting an entry for this year's Young Archie Competition at the Art Gallery of NSW. The competition is fierce with only five works selected for each age group.

While their work was not selected as a finalist, it was a major accomplishment to create portraits of such a high standard.

These brilliant works will be on display in the office.



Jillian Sarich's entry, a portrait of fellow student Jayden Bernie



Jackson Voorby's entry, a portrait of his Dad.

Carla Feltham
Visual Arts

Music

GOLD AND GOLD! That is what both our BHS ensembles brought home from Choralfest last week! Huge congratulations are in order for our Vocal Ensemble and Senior Vocal Ensemble who competed at Lake Macquarie Performing Arts Centre and took out first place in their division. In an eisteddfod dominated by primary school entrants, it was wonderful to see Belmont High one of the few high schools stepping up to the challenge of singing contrasting songs for an audience in eisteddfod format. As usual, it was a feat to fit the Vocal Ensemble singers onto the stage choir risers, which was noted as being a 'good problem to have'! The ratio of male to female singers was also noted and appreciated. 'The Greatest Showman' was the order of the day with our ensembles singing both 'A Million Dreams' and 'Come Alive' from that show. Songs 'Free Falling' and 'You Raise Me Up' were also presented as part of our programs with Chloe Gill and Billie Ann McNamara singing solos as part of the musical arrangements.



Starstruck is next on the agenda with our featured singers, backing singers, instrumentalists and choir all working very hard to be ready for 'Starstruck – Connect!' in the week of 13 June. We wish all performers well as they gain the valuable experience of being in a mega-production, working with the best of the best.

Any students who wish to accompany Mrs Johnson on Friday 15 June to the Schools Matinee are invited to obtain a note from the CAPA staffroom. It is fitting that we should send an audience to cheer on our huge BHS contingency. Many people do not realize that Starstruck was conceived and 'born' here at BHS many years ago under the inspirational leadership of Mrs Ollie Maywald. It is heartening to see the way this phenomenon has grown into the spectacle it is today, offering unparalleled opportunity to the talented Performing Arts students of this region!

Welcome to Music Practicum students, Mr Josh Wong and Mr Dylan Booth who are teaching in our faculty Weeks 3-6 of this term. We look forward to our students benefitting from their musical expertise as they look forward to meeting our wonderful music students.

Yours in music,
Mrs Johnson, Mrs Gill and Mr Gill

STARSTRUCK 2018

The time is fast approaching where our very own Starstruck 'Stars' have the opportunity to perform in front of huge audiences. Rehearsals are constant with all students in dance, drama and music working hard to 'polish' their performances.

This is the year where we reflect on the connections we make throughout our lives from the day we were born. Connections to family, friends, school, the environment and most of all the connections made through our involvement in Starstruck year after year are the focus for the June extravaganza.

BHS are very proud of our long-standing traditions of our huge involvement in this spectacle each year and look forward to seeing many family and friends in the audience cheering on our team.

Tickets are available through ticketek.

The BHS Starstruck Team



SPORT REPORT

Zone Cross Country

On Friday 11 May, we had 50 students from Belmont High compete at the Zone Cross Country at Tunkawalin Oval, Gwandalan. Students were exceptionally well behaved and all tried their best to gain their personal best result. We had 20 students successfully gain a position in the Zone team to represent at the Regional Carnival at Cessnock on Friday 1 June.

Age Champions: Congratulations to Tori Speakman 12yrs, Abbey O'Toole 16yrs and Jess Noble 17yrs on achieving age champion!

Please ensure you have collected a school permission note from Miss Fagg in the PDHPE Staffroom.

Students progressing to Regional

Age	Girls	Boys
12 Years	Tori Speakman - 1 st	Ryke Denz - 8 th
13 Years	Amy Grainger - 5 th	
14 Years	Olivia Wright - 4 th Tia Morgan - 10 th	Ethan Harding - 4 th Guy Speakman - 8 th Jake Robertson - 10 th
15 Years		Flynn Wallace-Smith - 4 th Josh Grainger - 7 th
16 Years	Abbey O'Toole - 1 st Emma Young - 3 rd Leah Wood - 4 th	Nicholas Reid - 4 th Charlie Haigh - 8 th
17 Years	Jessica Noble - 1 st	Leto Oxenham - 4 th Rhys Panizza - 6 th
18 Years		Jake Foster - 2 nd Adam Woodger - 3 rd

CHS Diving

Jessica Pickering and Jai Starrett travelled to Sydney on Friday 11 May to compete at the NSW All Schools Diving. Jessica Placed 3rd and was selected for the NSW All Schools diving team for Australian All Schools Championships in Perth in September. Jai placed 5th and was promoted from reserve to gaining a position in the NSW All Schools diving Team. Well done Jai and Jess!



Water polo

Abbey O'Toole trialled for the NSW Country Water Polo team in the School Holidays and successfully gained a place in the team to compete in New Zealand in the July School Holidays. Well done Abbey!



Hockey

Congratulations to Ky Willott named Player of the Tournament at the U18 NSW State Championships played in Bathurst recently. Great work Ky. Well done!



Baseball

Congratulations to Shai-Lee Reeves of Year 10 who recently confirmed she will be travelling to the USA to play in the U18 National Baseball Championships held in Rockford, Illinois from August 2 – 5, playing for the LA Waves. An amazing opportunity for you Shai-Lee.

Well done!

Athletics Knockout

Athletics NSW are running a schools knockout competition on Friday 10 August 10.30 - 3.30pm at Fearnley Dawes Centre, Newcastle (where we held our Athletics Carnival this year). The knockout works in teams, with a Junior (U15), Intermediate (U17) and Senior (U19) category. Teams must consist of a minimum of 5 for Junior and 7 for Intermediate and Senior. Please see Miss Fagg in the PE staffroom if you are interested in entering into this event. It is an enjoyable and awesome team event to do with fellow classmates!



Mel Fagg
Sports Organiser



PULLI

ABORIGINAL EDUCATION PROGRAM

Students from year 8, 9, and 10 have been working with Chloe Anning on a literacy based program which is starting to integrate with numeracy to assist the students with their future learning.

UNIFORM

It is important that all our students are wearing the appropriate uniform and have appropriate footwear.

ATTENDANCE

Attendance is going to be our biggest focus. It is important our students are at school. If they cannot attend, there needs to be contact made to the school via phone or letter.

NAIDOC DAY

NAIDOC day will be held on Thursday 28th June more information will be sent out with students.

Ibelieve Program

Early last term our Year 7 students completed the Ibelieve Program with Nicky Dates from Wollutuka.

Junior AECG

Our junior AECG committee took part in a workshop program that ran over two days teaching them about their roles and responsibilities.

Aboriginal Dance Group

Our Aboriginal Dance Group is back up and running this term with lots of performances booked in.

Tunbillko Program

Tyrese Edwards and Abbey Crossdale have been involved in the Tunbillko / Wungkun – Nubalan program.



What's Deadly!!

Caitlan Johnston

Caitlan Johnston played for Newcastle Knights in the Tarsha Gale Cup, making it into the grand final.



Keisha Johnston

Keisha, was chosen to play in the Hunter Rugby Union side against the Central Coast at the SCG before the NSW vs QLD game.



Awabakal Anti-Smoking Program

Awabakal staff alongside with Will Smith, Bevan French and Josh Hoffman from Parramatta Ells, and Samantha Harris an Aboriginal Model came and spoke to the students about their people and the impact that smoking has had on their lives.



NRL School to Work Program

Joey Griffith from the NRL has been working with our senior students about careers and training for their future.



Personal Learning Plans

Majority of our PLP's have been complete with the final PLP's to be completed this term.

Please feel free to contact Todd Anning (AEW) on 49450600

YEAR 8 TECHNOLOGY

8DT.1 have been extremely busy completing their practical textile items. Cushions and tote bags were popular items to design and create using recycled jeans in some way while also applying surface decoration techniques to complement their overall design features.

Students used tie dying and Liquid Radiance, giving them a means to add interesting and vibrant colours to plain white fabric, Patience and perseverance paid off last week as they completed their items and submitted outstanding folios for assessment.

Congratulations to the entire class on a job well done!

Karen Newman
TAS Teacher



TRANSITION

iTrack

This worthwhile program offered to our Year 10 students begins again with the Smith Family coordinating and facilitating this weekly session in our school. Students are matched with an online mentor and 'chat' in the safety of a secure chat room online.

Career pathways are explored with each student and support offered through the role of a confidant and mentor.

Throughout term 2 and 3, 13 students from Year 10 will take part each Thursday between 11.30am – 12.30pm. We would like to thank the Smith Family for once again offering BHS this wonderful opportunity.

Karen Newman
Transition Coordinator

CAREERS REPORT

Careers EXPO

The Careers Expo is a large exhibition of vocational pathways and opportunities all under the one roof. At the expo, there was a wide range of employers from different industries and educators including many universities. It was a very valuable source of information for Year 10 to start exploring their ideas about career pathways and their future directions.



Belmont 16's- ENGAGE Project

ENGAGE is a career development program developed by our Careers Adviser, Mrs Natalie Hilder. ENGAGE targets Year 9 students that need support with their future direction. ENGAGE would allow students to gain qualifications while promoting key work skills such as communication, decision-making and problem solving.

The program would give students the opportunity to get 'real world' experience through a variety of work experience, school service and volunteer programs. This will no doubt increase self-confidence along with better employment prospects for all students.

We are proud to announce Belmont 16's as a sponsor for our ENGAGE Hospitality program. Thank you to HR Manager Rachel Batty for her assistance and support.

Belmont High School are so proud to collaborate with the 16's to deliver a quality career program.

Students are looking forward to gaining their RSA and Barista training along with their work experience at the 16's.

THANK YOU!





OzHarvest is Australia's leading food rescue organisation, collecting excess food from commercial outlets and delivering it directly to more than 1000 charities across the country, supporting people in need.

Belmont High proudly supports this great charity with students regularly volunteering at Belmont Neighbourhood Centre.

Great work Charlie, Charlotte and Zoe!



University of Newcastle Dates and Prospectus



The University of Newcastle's 2019 prospectus is now AVAILABLE!!! Check it out via <https://www.newcastle.edu.au/study/publications>. The school will receive hard copies soon for Year 12. ☺

Senior students will attend the University of Newcastle's SCHOOL VISIT day on Thursday 5 JULY 2018. Buses are booked and we will travel as a school. Students are advised to register their interest via www.newcastle.edu.au/schoolvisitday for their chance to win a \$200 JB-HIFI voucher.

Year 10 WORK EXPERIENCE

We encourage ALL Year 10 students to participate in the Work Experience program. Students should source their own placement. Students need to attend a work experience meeting to receive all appropriate information and paperwork. See Mrs Hilder for further enquires.

Work experience week Term 2- Week 10, July 2-July 6, 2018.

BHS Careers WEBSITE

Please utilise our Careers website! It has a wide range of information for all school students. Students can create an account via the 'For Students' tab then click Student secure area. Students can register and login to utilise the resume formats and cover letter sections! Students can also complete careers test to help narrow their future directions into interest areas. ☺

www.belmonthighcareers.com.au

Calendar of events

COURSE	DATE
First Aid Course	July 5
Big Day In - University of Newcastle (IT Careers DAY)	June 5
Parent Information evening - Year 10 Subject Selections	June 12
White Card Construction Safety Course	June 22
Barista Course	June 29
Work experience week	July 2 - 6
University of Newcastle Schools Visit day	July 5

Natalie Hilder
Careers Adviser

LIBRARY NEWS

ANZAC DAY

Anzac Day was commemorated in the Library with a display of Australia and the Great War non-fiction books, war fiction books and paper poppies.



SENIOR CLASSES

Society and Culture, Ancient History and Investigating Science senior classes have all had lessons in the Library on the resources of the Library catalogue and the State Library of New South Wales. Students applied to the State Library for a reader's card to access the online database resources.

CLICKVIEW

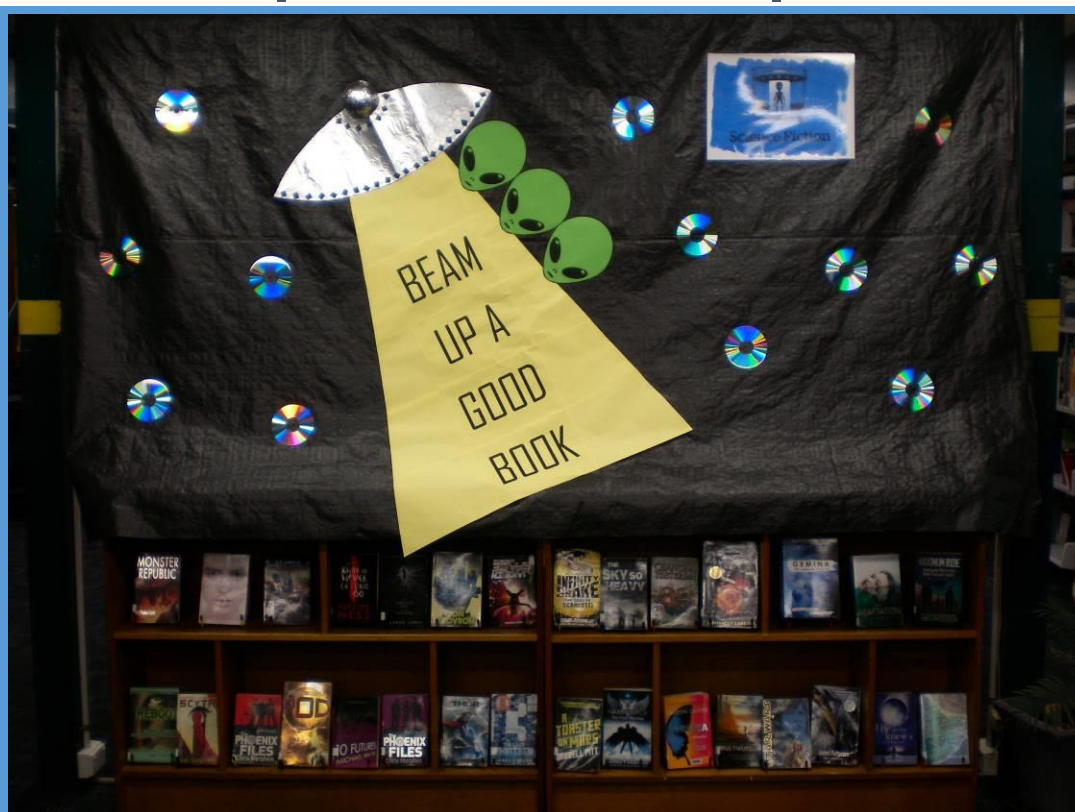
Clickview is a collection of educational video resources. All students have access to the collection through their DET email log on. Students should see Miss Davis for assistance in using the digital resources.

<http://online.clickview.com.au>

SCIENCE FICTION

Fiction books have genre labels on them. One popular genre is Science Fiction. The Library had a display of Science Fiction books.

"Beam up a good book"

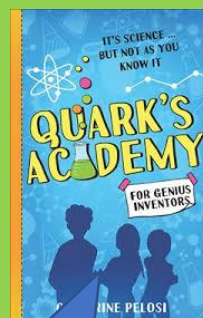
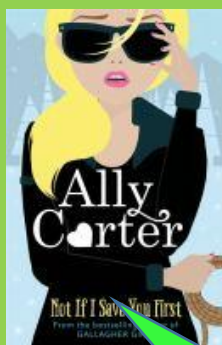


Faces of New Fiction

New

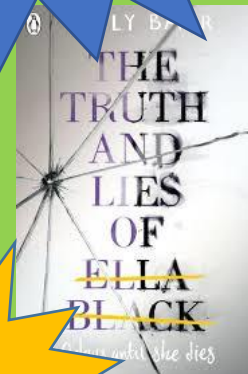
Awesome

Books



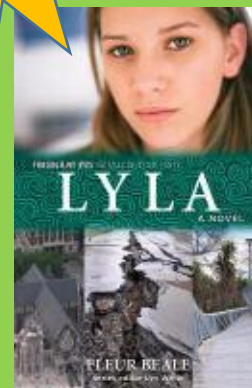
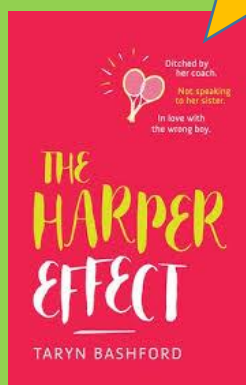
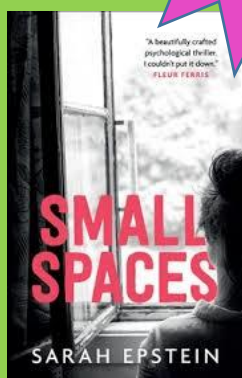
Great reads

More coming soon



In the library

Dynamite



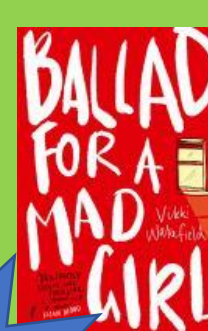
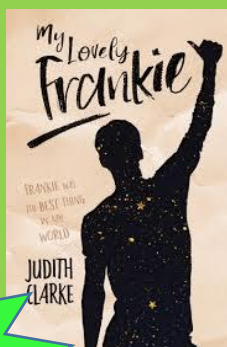
BELMONT HIGH SCHOOL LIBRARY

Faces of New Fiction

New

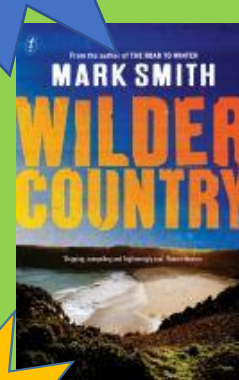
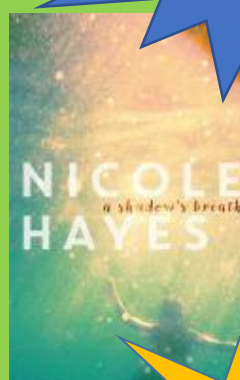
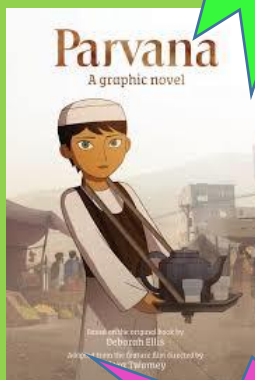
Awesome

Books



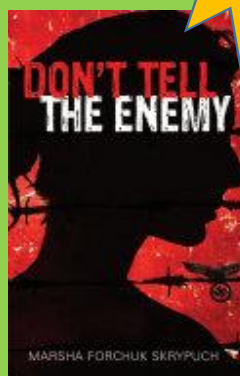
Great reads

More coming soon



In the library

Dynamite



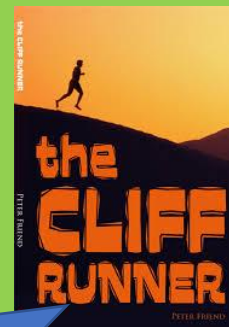
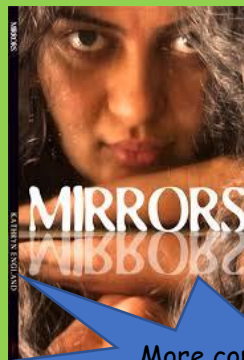
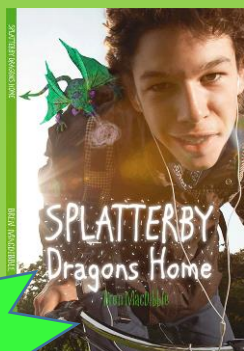
BELMONT HIGH SCHOOL LIBRARY

Faces of New Fiction

New

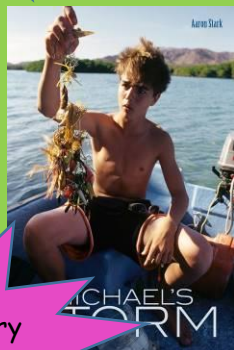
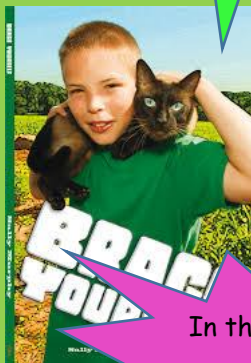
Awesome

Books



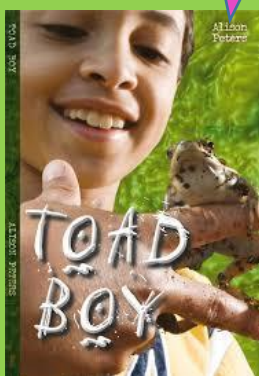
Great reads

More coming soon



In the library

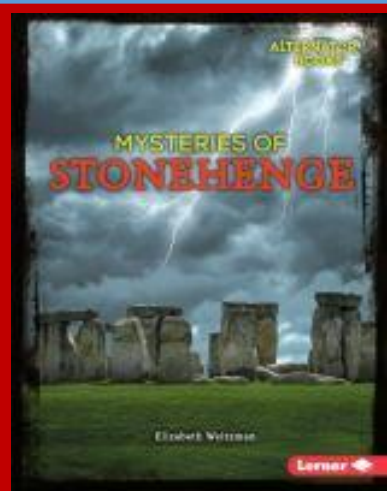
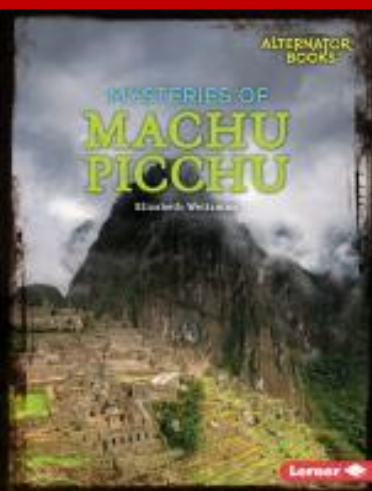
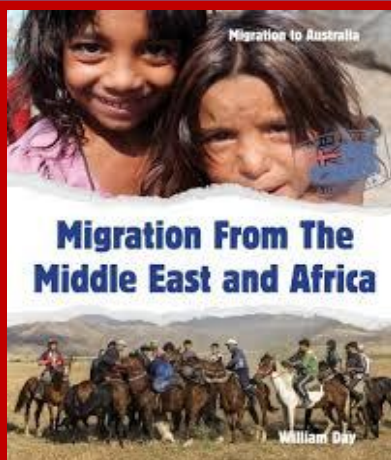
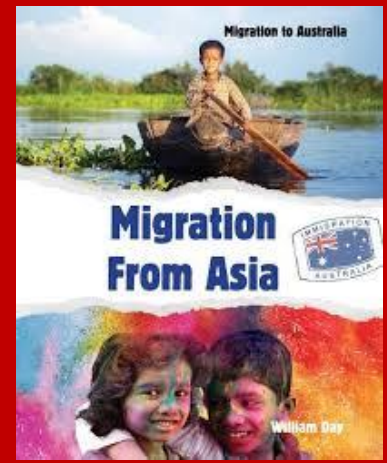
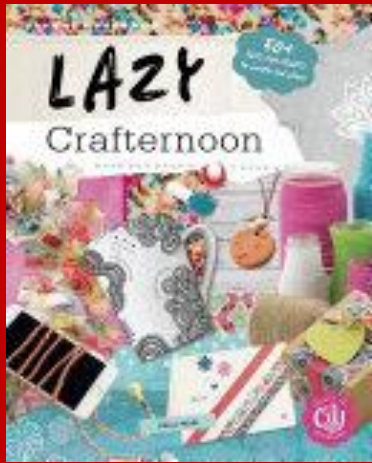
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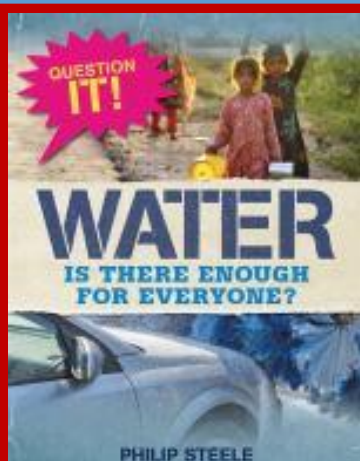
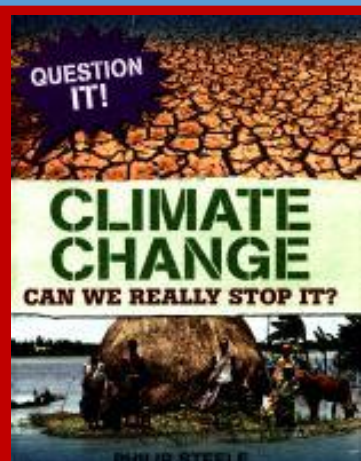
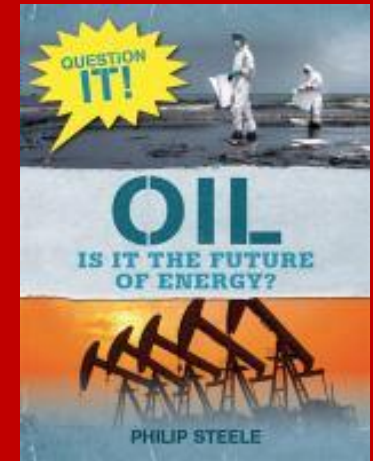
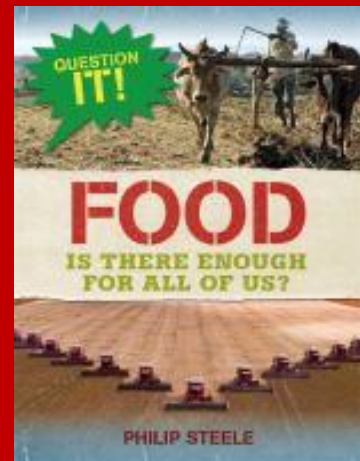
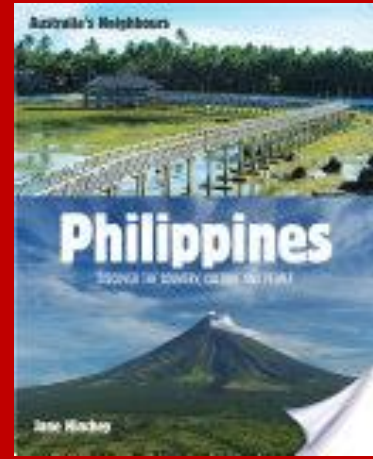
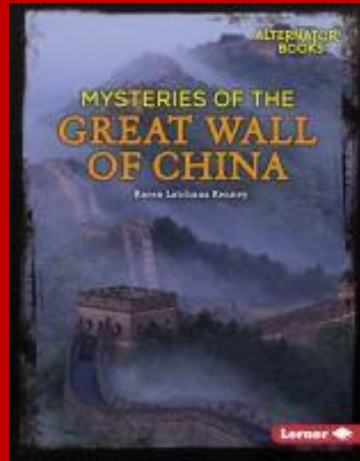
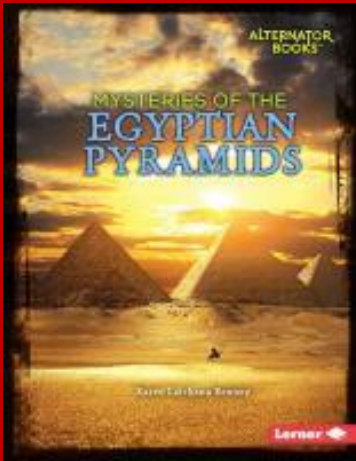


BELMONT HIGH SCHOOL LIBRARY

LOVE YOUR LIBRARY FANTASTIC NEW BOOKS

NON FICTION





Information on our physical activity program...



Active kids do well in class!

Research shows....



Kids who are active...

... and eat well



Do better in class!

This is why our school has introduced the PA4E1 program.

Did you know?

- The Government recommends kids do at least **60 minutes** of moderate-to-vigorous activity each day.
- This is activity which makes kids huff and puff!
- Sadly, only **1 in 5** kids meet the guidelines!*

* NSW SPANS Survey 2015

Physical Activity for Everyone (PA4E1)

Our school is now part of PA4E1. This will help us in our aim to increase student physical activity levels. Some ways we will do this are:



More activity in our PE lessons

Creating physical activity plans



Resistance training at our school

More activities during our breaks



More information sent home

More links with our community



For more information, visit: pa4e1.hnehealth.nsw.gov.au





Belmont High School
Building Harmony and Success

the learning HUB

Is your child struggling to settle into high school?

Are they feeling overwhelmed with the amount of homework they have?

Do they have an upcoming assessment task they just can't get their heads around?

If you or your child is feeling a little overwhelmed with their workload the Learning Hub is a safe and supported environment for them to turn to for a little extra help.

The Learning Hub is a dynamic learning environment designed to promote communication, collaboration, and creativity. This innovative initiative offered to Belmont High School Students, aims to assist the young people that attend this school to engage with and feel supported in their education.

The Learning Hub has been designed to provide students with opportunities to develop their creativity, to own their learning, to think critically, to have access to educational support within the school environment but outside of the classroom and to assist the students of Belmont High School in developing and maintaining their connection with the school.

The Hub offers a range of services including:

- Study Support
- Tutoring - one-on-one / peer group
 - Homework Assistance
 - Access to technology
 - Group Study Space
 - Classroom Catchup
- Student Support Services



The Hub runs each **Thursday** from week 4 as follows:
Senior Students (Years 11 & 12) - 1:30pm - 4pm
Junior Students (Years 7 - 10) conclusion of sport - 4pm

Should you require further information please contact

Ms Emma Terry—Learning Hub Coordinator

Mr Michael Allenby—Deputy Principal

PHONE: (02) 4945 0600

*6 week Emotionally Intelligent Parenting
Program*

TUNING IN TO TEENS

Where: 4a Pacific Hwy
Gateshead

When: 11:30AM-1:30PM Term 2
Mondays 21st May - 2nd July

Contact: Samaritans
4942 5275

What: Tuning in to Teens supports parents to enhance teens emotional intelligence. A program that aids in developing tools to overcome conflict. Encourage talking and understanding your teen and build upon stonger and positive relationships



Samaritans

ALLAMBI CARE



ENGAGING ADOLESCENTS™ INVITATION TO PARENTS OF TEENS

Learn strategies and skills to improve parent – teen relationships

A three-session program for parents and carers
by Allambi Care & Belmont Neighbourhood Centre
359 Pacific Highway Belmont North

When: Wednesday Evenings 23rd, 30th May & 6th June 2018

Time: 6.30pm – 8.30pm, 3 consecutive sessions

Cost: \$20 for Workbooks and light refreshments. (Concessions available).

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.

Registration is required

Limited spaces are available, please register for this course by contacting Michael Burke on 0408 474 602.



ALLAMBI CARE

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

This course is being run by a Parentshop® licensed practitioner. www.parentshop.com.au