

Building Harmony and Success

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

PRINCIPAL'S MESSAGE

Welcome to 2019

It is a great pleasure to be back at work at Belmont High School following a period of leave at the end of last year. Thanks to Michael Allenby and Michele Spinks who filled in for me so ably whilst I was on leave. Thanks also to the head teachers who also assisted the senior executive at this time.

It is both an exciting and busy time for us at BHS with the building upgrade well underway. Block I (canteen and toilets) has been demolished; the main quadrangle has been ripped up; temporary buildings have been installed on the basketball courts (uniform shop, TAS and HSIE staffrooms, music keyboard lab and classroom) and work has begun on the new uniform shop and toilets at the bottom of E block. Initial groundworks have also begun for the new I block (canteen, domestic and commercial kitchens and special education learning spaces).

Shortly the administration offices will move temporarily into the school hall and the English and mathematics staff will be relocated into temporary locations.

We are working closely with the builders to reduce disruption to the learning environment of students but with such a major upgrade happening there may be some changes to routine.

Further information can be found on the schools infrastructure website at:

<https://www.schoolinfrastructure.nsw.gov.au/>



Welcome also to all of our new students at Belmont High whether they be year 7 or students enrolling in another year. We are also fortunate to have a new special education (Autism) class established this year.

It is also a pleasure to introduce new staff to the school who have joined us this year:

- Megan Jennings – special education teacher
- Megan Dunford – mathematics teacher
- Shaun Parkes – school learning support officer

It is also great news that Peter Baker will be returning to work this term as a HSIE teacher after a period of leave.

Enrolments for 2019 are above our estimated numbers but at this stage there should be no major changes to classes or timetables.

Attendance

One of the key factors for student success is regular attendance. This year we are increasing our monitoring processes for student attendance. We ask that parents assist in improving attendance by sending their children to school on every possible day the school is open and when this is not possible to explain the absence within seven days. If we all work together we will be able to improve attendance and student outcomes.

Uniform

This year we have begun to phase in some changes to the school uniform. These changes came about as a result of consultation with staff, students and parents to give all students more options in what they wear. It is our expectation that all students wear the correct uniform and when this is not possible they come to school with a note as an explanation. We are also able to assist families who require some assistance with their uniform. Please contact the school office for details of how to access this assistance.

Student Behaviour

At the start of each school year it is timely to remind students and parents of our expectations in regards to behaviour. In particular, as part of the NSW Education Department we follow the suspension and expulsion procedures. The procedures can be found at:

https://www.det.nsw.edu.au/policies/student_serv/discipline/stu_discip_gov/implementation_2_PD2_0060316.shtml

Vehicle Access

As a result of the building upgrade and student safety, motor vehicle access is severely restricted and as such we ask that parents refrain from driving into the school grounds. Parents are also reminded of parking restrictions around the school. Be aware council rangers have been patrolling already this year.

Geoff Robinson
Principal

DATES FOR YOUR DIARY

February

- 19 Zone Swimming
- 20 P&C Meeting
- 26 Year 7 & 10 Vaccinations

March

- 4-6 Year 7 School Camp
- 8 Yr 11 & 12 'The Crucible'
- 11 Yr 7 2020 Parent Info Night
- 15 National Day of Action against Bullying
- 15 White Card Course
- 21 Reach for Stars Day – year 12

April

- 3 Music Festival & workshop day
- 4 Cross Country Carnival
- 8 Parent/Teacher night – 7, 11, 12
- 12 Anzac Day Ceremony
- 12 Last day Term 1



P&C MEETING

The first P&C meeting for 2019 will be
Wednesday, February 20 at 5.30pm in the
staff common room.
Everyone welcome to attend.

DEPUTY PRINCIPAL'S REPORT

Welcome back to 2019. Our students have settled in well to the routine despite some of the extreme heat and changes due to the building upgrade. The implementation of the new uniform has been well received with students welcoming the new fabric for the school polo shirts describing it as much more comfortable to wear.

It was pleasing to see so many people at the swimming carnival at Charlestown pool. The competition was fierce and the behaviour was brilliant. Congratulations to all those students who took part in the day. A reminder that all school carnivals are compulsory days of school. Please ensure all students attend.

The school has in place a positive behaviour system. Students are issued with "Belmont Besties" by teachers for positive activities here at school such as working well in class, representing the school or a positive attitude towards learning. Twice a term these are collated and student will be awarded a Bronze, Silver or Gold award for their efforts. Each comes with certain privileges such as going to the front of the line at the canteen or a lunch with the Principal.

Year 7 are to be congratulated for their excellent transition into the school and have settled into their classes nicely. They have a designated playground area where the majority of them are choosing to sit but we do encourage them to consider moving into other areas of the playground, as it is quite crowded in there at the moment. Students who feel they benefit from some extra help with their school work should consider the Learning Hub which operates for juniors Thursday afternoons after Sport.

The year has started off very well for Year's 8 and 9. Students have returned in a positive manner and are engaging with their learning. Many students are undertaking electives for the first time. Just a reminder that no more elective change will be accepted. We offer a wide variety of exciting electives here at Belmont High and I hope all students can make the most of the opportunities these subjects present.

Year 10 will receive their Stage 5 Assessment Schedule Booklets this week. It is important they utilise the calendar at the back to ensure they are aware of upcoming tasks. Assessment tasks should not be left to the last minute as students can then struggle to meet deadlines. If your student is struggling please encourage them to seek support from their classroom teacher and attend the Learning Hub on Thursday afternoons after Sport. It is really important Year 10 students develop routines based around organising their school requirements, meeting deadlines, part time work and social commitments to assist them in moving to Stage 6 and the Higher School Certificate over the next 2 years.

The jump to Year 11 is a big one and it's been great to see our current Year 11 students engaging with their senior curriculum and accepting the challenge. They have now been issued with an assessment booklet containing their assessment schedules for each subject and the senior assessment policy. Students should be proactive in notifying the school about any availability issues regarding assessment and follow the Illness and Misadventure process, which they are well familiar with from their Year 10 experience. Anyone who feels they may qualify for Special Provisions for assessment needs to notify Mr Allenby if they haven't already done so. Year 11 have also been issued with Flexible Attendance agreements and the school has been quite clear in that any issues of truancy or poor conduct may see these retracted. Remember, Year 11 only goes for three terms so it's important to establish strong study habits early.

Year 12 are now well into their Higher School Certificate year. They will be starting to receive their second assessment task notifications across most subjects. Please encourage your students to seek support when required. The Learning Hub is available on Thursdays from 10.00am to 4.00pm. A number of students are struggling to juggle part time work with their final year studies. We would encourage parents to support students to attend all classes and restrict part time job hours to out of school hours. Missing classes to pick up extra shifts at work has a huge impact on student learning and can lead to a lack of understanding of important concepts.

A number of wellbeing days have been organised to support Year 12 in their final year at BHS. These days are designed to support students across all facets of the curriculum- academic support in key learning areas, managing and coping with stress, healthy minds and bodies and team building. They are developed to facilitate students to gain the most out of their final year at school and to assist in the successful transition to post school options. We look forward to all of our year 12 students participating in these compulsory opportunities.

If you have any concerns regarding your student, please contact the Year Advisor or Deputy Principal for your student's year group.

Year Advisors

Carla Feltham – Year 7

Rachael Tanti – Year 8

Mitch Bell – Year 9

Alison Gill and Lance Druery – Year 10

Yvette Fulton and Sharon Gregory – Year 11

Natalie Proudlock and Paige Williams – Year 12

Michael Allenby – Deputy Principal Years 7, 11

Grant Godfrey – Deputy Principal Years 8, 9

Michele Spinks – Deputy Principal Years 10, 12

P&C REPORT

P&C Report

Welcome to all BHS family to 2019 and a special welcome to our new families that have joined us this year. On the third Wednesday of each month from 5:30-6:30pm in the teachers' staffroom the BHS P&C meets. We are a small but committed group of parents and teachers who have the interests of the school at heart and want to support the school by co-ordinating the money we make from the school canteen towards projects that will give our youth the best possible education we can give them.

At the same time we want to inform our parents of what is going on in the school, include them in some of the wider issues that the school is facing and help each other think through how we can best help our children to navigate their school years.

Our next meeting will be on Wednesday 20th February from 5:30-6:30pm and we would love you to join us. If you would like to know any more about the P&C, please ring me on 0426 829 080.

Stephen Taylor
P&C President

ATTENDANCE

Arrive on Time

Classes commence at 9.00am every day for all Year 7 to 10 students and most senior students. This is the official roll call lesson for the day and indicates a student's whole day absence. It is essential that all students are in class on time for roll marking.

Students marked absent in their first timetabled lesson of the day are recorded as whole day absent and parents are notified via text message of their child's absence, usually by 11.00am every day. It is the parent's responsibility to notify the school of their child's absence and provide a valid reason for the absence. This can be done in various ways such as: replying to the email, using the Skoolbag app, writing a note or phoning the school.

Senior students

Attendance monitoring for senior students will be changing to biometric scanning which we have used in the past. Further information will be provided soon.

Late Arrivals

Any student arriving after 9.00am must sign in at the front office to have their whole school absence amended. All late arrivals must be explained with a note from parents. Alternatively, parents can notify the school via the Skoolbag app, email the school, or present to the Student Services Office with the student.

Roll Marking

Rolls are marked EVERY lesson by teachers. Students marked absent in a single lesson are checked by the Head Teacher Administration at the end of each day. If there is no valid reason for the student marked absent during the period it is recorded as a truancy. Parents are notified via email or text if their child has been marked absent in a single lesson, usually by 6.00pm on the day of the absence. Students who do not provide a valid reason to the Head Teacher Administration (Mrs Gee) will be placed on detention for truancy.



Early Departures and Leaving School Grounds during school hours

Junior (Year 7 to 10) students are required to remain on school premises for the entire school day unless they have submitted a signed note with a valid reason from the parent/carer to the Student Services Office before 9.00am. Students submitting valid notes will be provided with an Early Departure slip to enable the student to leave school grounds with the school's permission. Students leaving school grounds without permission are recorded as truancy.

Parents needing to contact or collect students during school hours

Parents must contact the front office if they need to collect their child before the end of the day. The office staff will then send a note to the child's classroom for them to report to the front office and be signed out correctly. This is to ensure the safety of your child and account for their whereabouts. If a student is ill they must report to the First Aid office in the Duplicating Room so parents can be contacted.

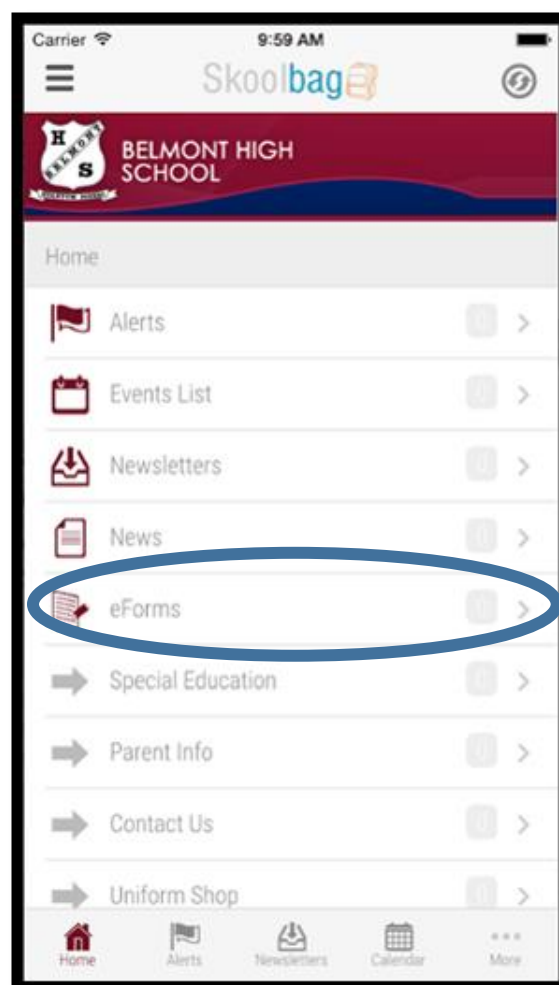
Under no circumstances are students to be collected by parents or given permission to leave school grounds without informing the school. Please follow the attendance procedures outlined above. Your child's safety and wellbeing are our priority and we need to be able to account for their whereabouts at all times.

Please refer to the Attendance Document on the following page for further information regarding school attendance in NSW Department of Education Schools.

https://education.nsw.gov.au/student-wellbeing/media/documents/attendance-behaviour-engagement/attendance/attendance_parents.pdf

If you have any concerns regarding your child's attendance please contact the school.

Mrs Gee
Head Teacher Administration (Attendance)



Notify absences, late arrivals, early departures via eForms.

EVERY DAY COUNTS....

A day here or there doesn't seem like much, but...

When your child misses just...	that equals...	which is...	and therefore, from Kindy to Year 12, that is...	This means that the best your child can achieve is...
1 day each fortnight	20 days per year	4 weeks per year	Nearly 1 ½ a years of school	Equal to finishing Year 11
1 day a week	40 days per year	8 weeks per year	Over 2 ½ years of school	Equal to finishing Year 10
2 days a week	80 days per year	16 weeks per year	Over 5 years of learning	Equal to finishing Year 7
3 days a week	120 days per year	24 weeks per year	Nearly 8 years of learning	Equal to finishing Year 4

Give your child every chance to succeed...

Every day counts!



EVERY MINUTE COUNTS....

When your child misses just...	that equals...	which is...	and therefore, from Kindy to Year 12, that is...
10 minutes a day	50 minutes of learning each week	Nearly 1½ weeks per year	Nearly ½ a year of school
20 minutes a day	1 hour and 40 minutes of learning each week	Nearly 2½ weeks per year	Nearly a year of school
½ hour a day	½ a day of learning a week	4 weeks a year	Nearly 1 ½ years of learning
1 hour each day	1 whole day of learning each week	8 weeks per year or nearly a term a year.	Over 2 ½ years of learning

Your child's best learning time is at the beginning of the day...

**School starts at
9.00am
DON'T BE LATE!**

WELLBEING REPORT

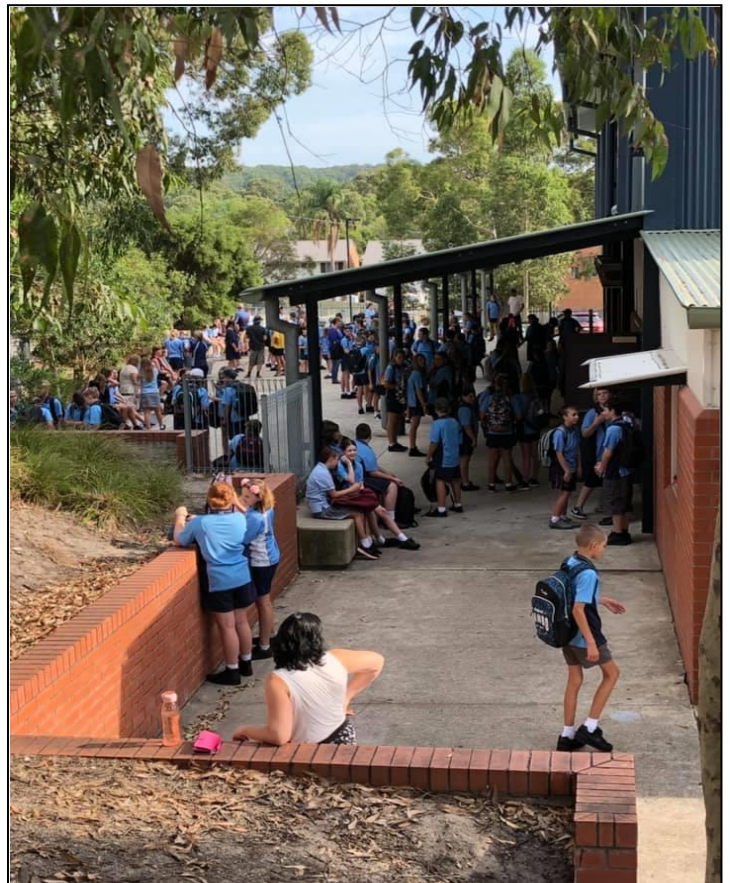
Welcome Year 7 2019

We would like to welcome our Year 7 students and their families to Belmont High School. We look forward to the following 6 years where students will continue to grow physically, emotionally, socially and academically. The years ahead are some of the most important and influential years for our Year 7 cohort. We aim to assist in creating positive memories and reflections of their schooling life through the many opportunities offered.

We encourage all students to make the most of their time at BHS and to always strive to 'achieve their potential',

If you have any concerns as a parent/carer of how your child is settling into their new environment at BHS please call the Wellbeing Centre and we will endeavour to assist wherever possible.

Well done Year 7 on your first few weeks. We're now looking forward to a fun camp experience with you in week 6.



Karen Newman
Head Teacher Wellbeing (Relieving)

THE READING CLUB

The school's literacy support program for Year 7 students, **READING CLUB**, will start on Wednesday 13th February. The program has been made possible by community members who are dedicated to assisting young students to improve their reading, offering individualised learning every Wednesday.



Student invitations to join the program were based on primary school recommendations, and were posted home last year.

If you have any questions relating to the Reading Club, please contact me.

Yvette Fulton
Learning & Support Teacher (LAST)

NSW SCHOOL VACCINATION PROGRAM

Each year NSW Health works in partnership with schools to offer the vaccines recommended by the National Health and Medical Research Council (NHMRC) for adolescents as part of the school vaccination program.

In 2019 the following vaccines will be offered:

YEARS	VACCINE	NUMBER OF DOSES
Year 7	Human papillomavirus (HPV9) vaccine	2-doses at least 6 months apart
	Diphtheria-Tetanus-Pertussis (whooping cough) vaccine	Single dose
Year 10	Meningococcal ACWY vaccine	Single dose

Parent Information Kits that include an information sheet, consent form and privacy statement have been sent home to parents/guardians. To consent to the vaccination of their child, parents/guardians are advised to:

- read all the information provided
- complete the consent form, including signing their name next to the vaccine/s they would like their child to receive
- return the completed consent form to their child's school
- ensure that their child eats breakfast on the day of the school vaccination clinic.

Please note that students who commence HPV vaccination in school clinics in Year 7 but do not complete the course during the school year may be offered catch-up doses at school in Year 8.

Students who have any dose of HPV at their GP will be advised to complete the course with their GP.

Parents/guardians who wish to withdraw their consent for any reason may do so by writing to the school Principal or phoning the school. The Procedure for Withdrawal of Consent is available on the NSW Health website at;

http://www.health.nsw.gov.au/immunisation/Pages/withdraw_consent.aspx

To improve vaccination completion, students will be opportunistically offered any missed doses throughout the year where possible.

A Record of Vaccination will be provided to each student vaccinated at each clinic as a physical card. Parents/guardians should ensure that this record is kept for future reference and should not assume that their child has been vaccinated if they do not receive this Record of Vaccination.

Head Office: Immunisation Unit Wallsend

Locked Bag 10,
Wallsend NSW 2287

Wallsend Office Ph: (02) 4924 6477 Fax: (02) 4924 6490

Tamworth Office Ph: (02) 6767 8653 Fax: (02) 6766 3003

Taree Office Ph: (02) 6592 6928 Fax: (02) 6592 6938



Health

Hunter New England
Local Health Network

NSW Adolescent School Vaccination Program 2019

Dear Principal and school vaccination coordinator

Each year NSW Health works with schools to offer the vaccines recommended for adolescents by the National Health and Medical Research Council (NHMRC).

The consent forms for the 2019 school vaccination program will be delivered by Better Health Centre by the 25th January 2019.

If you have any concerns or questions about the delivery of your consent cards, please contact Martin Cook at Better Health Centre on 02 98875450.

The consent forms are delivered to schools ready for the first clinic visit in 2019.

Consent forms for 2019 have been revised and therefore all old consent forms need to be returned to immunisation staff for disposal into secure waste.

Parent Information Kit includes:

- **Parent Information Sheet which includes the following:**
 - Frequently asked questions
 - Information about each of the vaccines
 - Privacy Statement
 - **Checklist**
 - **One single consent form**

I would be grateful if you would distribute the relevant *Consent Form packs* as indicated in the table below and ensure the consent forms are returned to the school as soon as possible. This is a key element to the success of the program. To improve vaccination completion, students will be opportunistically offered any missed doses throughout the year where possible. Students who commence HPV vaccination in Year 7 but do not complete the course will be offered catch-up doses at school into Year 8.

Consent forms	Distribute to
Year 7 – one A4 size envelope with photo on front (includes consent for dTpa and HPV)	ALL Year 7
Years 10 – one A5 size envelope (includes consent for Meningococcal ACWY)	ALL Year 10

Even if students say they do not require a vaccine, we still ask that every eligible student take them home for their parents to read the information inside and decide if they wish to go ahead with vaccination or not.

Information in other languages

Information & consent forms for the School Based Vaccination Program in other languages are available from the following website:

http://www.health.nsw.gov.au/immunisation/Pages/school_vaccination_language.aspx

Vaccines offered in 2019

ALL Year 7 Students only:

- Diphtheria, tetanus and pertussis (whooping cough) (dTpa) adult vaccine – as a **single dose** to all year 7 students who have not received a previous dose.
- Human Papillomavirus (HPV) vaccine – in a **2-dose schedule with a 6 month gap between doses 1 & 2.**

ALL Year 10 Students only:

- Meningococcal ACWY – as a **single dose** to all year 10 students who have not received a previous dose.

Vaccination Clinic bookings for 2019

You will shortly, or have already, been contacted by your local school program staff for clinic bookings for 2019 and any change of details for your school. **NO clinic dates can be made for December 2019.** The preferred arrangements will be:

Visit Number	When	Vaccines offered
1	February, March, April	<ul style="list-style-type: none"> ➤ dTpa (diphtheria, tetanus, whooping cough, single dose) ➤ Dose 1 HPV (Gardasil 9)
2	May, June, July	<ul style="list-style-type: none"> ➤ Meningococcal ACWY
3	6 months after first visit	<ul style="list-style-type: none"> ➤ Dose 2 HPV (Gardasil 9)

Please note that minimum gaps must be observed between multiple dose vaccine courses. Please contact your local community health contact to discuss appropriate dates.

	Minimum gap between dose 1 & dose 2
HPV (Gardasil 9)	6 months

If you have any questions please contact your local Community Health contact or myself by email or phone, I work Monday to Thursday.

Thank you



Sharon Saxby

Immunisation Clinical Nurse Consultant,
 School Vaccination Program Coordinator
 Population Health, HNE Local Health District
 Locked Bag 10, Wallsend NSW 2287
 Tel 02 4924 6477 | Fax 02 4924 6490 | sharon.saxby@hnehealth.nsw.gov.au
<http://www1.hnehealth.nsw.gov.au/hnep/immunisation.htm>

2019 BHS SWIMMING CARNIVAL

What a wonderful start to the school year, where students (new and old) are able to socialise and enjoy a relaxed atmosphere competing and for some enjoying cooling off in the continuous swim.

It was great to see so many students enjoying each other's company and cheering on their peers. Days like these assist students and staff to interact on a different level, making connections that help strengthen the positive relationships within our school community. The comradery between houses, led by our enthusiastic house patrons helps to ignite house spirit and a sense of belonging to a team.

Carnivals are such an important component of school life for a variety of reasons. Compulsory attendance is expected (with notes explaining an absence are required). We look forward to all students participating in the remaining athletics and cross country carnivals.



BEYOND BOUNDARIES CAFÉ



2019 brings more opportunities for our students with special needs to participate in running a catering facility at our school. We previously referred to this as 'Coffee Shop', however this year have renamed it 'Beyond Boundaries Café @ BHS' as we are continually witnessing our students pushing their limits and working well beyond their 'boundaries'.

Students work in a fast paced and sometimes stressful environment on a weekly basis, providing them with the opportunity to develop work ready skills such as communication, time management, team work, leadership, food preparation and presentation skills/techniques, administration and money management.

We look forward to following our weekly menu that has been collaboratively decided on as a class, to serve our visitors some yummy treats to bring a smile to everyone's faces.

Our café crew look forward to each Wednesday and are very proud of the high standards that they achieve each week.

Karen Newman
Beyond Boundaries Café Coordinator



ENGLISH NEWS

Welcome to the English Faculty's first newsletter item for 2019. This year will prove to be a challenging one as Year 12 students will sit the first HSC Examination from the new syllabus which was implemented at the beginning of last year. Teachers are busy preparing their classes for this new exam structure and students are responding well to the new topics and assessments.

Assessments due Senior English

Year 12 Ext 2	Year 12 Ext 1	Year 12 Advanced	Year 12 Standard	Year 12 Studies
Viva Voce Week 10	Imaginative Response and Reflection Week 10	Critical Response Week 5	Critical Response Week 7	Viewing and Representing Week 8

Year 11 Ext 1	Year 11 Advanced	Year 11 Standard	Year 11 Studies
Imaginative Response Week 10	Imaginative Response Week 9	Multimodal Presentation Week 10	Multimodal Presentation Week 10

Excursions: Year 11 and 12 Advanced students are invited to attend a performance of two texts they are studying, *The Crucible* and *The Tempest*. This is a fantastic opportunity to see the texts brought to life by a theatre company and will only assist in deeper understanding. Permission notes have been handed out and can be returned to Miss Madden or Miss Callan. Payment to the front office.

Dates: *The Crucible* – Friday 8th March
 The Tempest – Friday 10th May

What's happening in Junior English this term?

Year 7

Students are studying poetry with an Asian influence. They are learning about different countries and poems produced in Asia and how a range of poetic techniques help build imagery and rhythm. They will create a one-page assessment incorporating visual and written elements based on their learning about a range of cultures and poetic styles.

Year 8

Students are learning about the life and times of William Shakespeare. This unit presents opportunities to discover his heritage and context and read excerpts of his well-known plays. They will write a newspaper article demonstrating their understanding of the famous playwright and provide an excellent background for future studies of his works.

Year 9

Students are reading a novel selected by their teacher and exploring the themes contained within. Alongside the themes, students will build on their knowledge of characterisation, descriptive language and the author's intentions. They will compose a short story based on the theme they are learning about as well as experimenting with creative writing techniques.

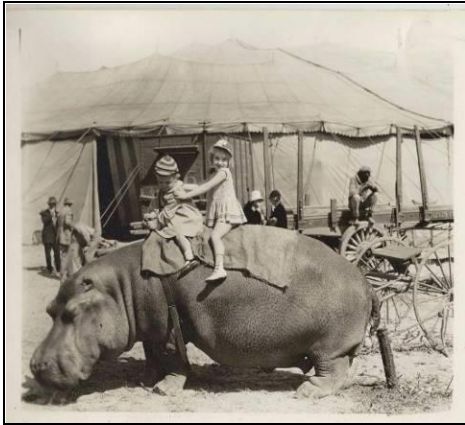
Year 10

Students are reading the murder mystery novel *Cold Skin* by Steven Herrick. The story is told from multiple perspectives and written in free verse poetic form. Students are learning about crime fiction elements as well as poetic techniques and will create their own free verse poem based on an alternate perspective about an event from the story.

Year 7	Year 8	Year 9	Year 10
Assessment Due: Week 7	Assessment Due: Week 8	Assessment Due: Week 10	Assessment Due: Week 8

Student Work Samples

7B have been experimenting with writing their own poetry using a rhyming pattern. These poems were based on the following stimulus picture.



Precious adopted twins
separated at birth;
being brought back together
to a place on Earth.

It's called the circus
where they will reunite;
I wonder what happens
Do twins even fight?

Claire Tooth 7B

I was young when I was taken
from my marshy African home;
I think my mother was killed
but her fate is still unknown.

Now I live in a circus
awoken at the crack of dawn;
forced to work each day
wishing I wasn't born.

Lachlan Maddocks 7B

Looking forward to seeing you all at the Parent/Teacher Night in Week 11 (Monday 8th April).

Deb Waters
Head Teacher English

CAPA REPORT**Music**

A warm welcome back to all of our music students and families for another fun packed year of learning and enjoying music! Last year ended on a high with another year of exceptional HSC music results and we are inspired to continue delivering quality music education to our wonderful BHS students.

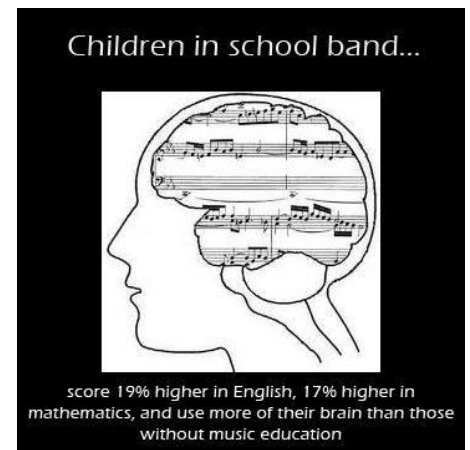
This year sees the establishment of our Year 7 CAPA class, which contains students who show special interest and ability in Creative and Performing Arts. Congratulations to the students who have been successful in being admitted to this class after last year's application process. This class will provide extension and accelerated activities focussing on project based learning, fostering students' creativity through a supportive and encouraging environment. We look forward to hearing great things from these students throughout the year!

Senior students were inspired by a concert featuring top performers from last year's HSC on Friday 15th February. Held at Newcastle University Conservatorium, Reprise this year opened with a Belmont High item featuring our own Emily Gill on trumpet accompanied by Aiden McKinnon, Chloe Gill and Tim Prentice of Year 10 and Billy Croese, Brandon Bourke, Jack Beeton and Aleksandr Coe of Year 12. Emily received almost full marks in her HSC performance exam and was also nominated for ENCORE at the Sydney Opera House. We wish Emily and all accompanying Belmont musicians' success on Friday.

We give a special welcome to our new Year 7 families. Year 7 students all require a music book they will receive from music staff when they have paid their yearly music fees (\$15) at the front office.

Year 7 students are warmly invited to sign up for instrumental lessons through our school peripatetic lessons, which take place during the school day. All lessons and ensembles resume on Monday 11th February. Students in the peripatetic tutoring program should obtain their timetable from Mrs Gill immediately.

It is our pleasure to introduce our tutors this year. They are Amber Lewis (singing), Dylan McElhone (drums and woodwind), Jade Rowlinson (piano), Ben McCann (guitar), Shane Landry (woodwind) and Laura Sands (brass). These teachers have been hand-picked by music staff based on their qualifications, teaching expertise and student rapport. You can be assured that your child is in the very best hands.



Congratulations to students who have been offered a place in the prestigious school Vocal Ensemble. Those students should return their permission notes to the box outside the CAPA staffroom and pay their \$20 annual membership fee.

Students in Band and Vocal Ensembles can purchase their performing arts uniform for \$40 at the front office. Band fees (\$50) can also be paid at the office.

In class Year 7 is learning about rhythm, Year 9 is being introduced to the concepts of music, Year 10 is studying The Development of Rock Music, Year 11 are learning Methods of Notating Music and Year 12 has hit the ground studying Popular Music and playing 'Shotgun'. The I.O. classes are straight into performing with 'See Ya Later Alligator' and all classes are enjoying our new (temporary) and blissfully air-conditioned Keyboard lab adjacent to the COLA.

Wishing everyone in our school community a wonderful year. Please do not hesitate to contact music staff (ph 49 450600) if you would like further information.

Ensemble Rehearsals resuming 11/2/19			
Monday	lunch	P8	Junior Band
Monday	2.10pm-4pm	P8	Concert Band
Tuesday	lunch	P8	Percussion Ensemble
Wednesday	lunch	J6	Vocal Ensemble
Thursday	recess	J6	Senior Vocal Ensemble
Thursday	SPORT	J6	Choir- all welcome
Friday	lunch	P8	Stage Band

Benefits of Learning to Play a Musical Instrument

1. Playing A Musical Instrument Makes You Smarter

Many studies have been conducted on the effects of music to the brain. Scientists say that children who are exposed to music, or those who play an instrument, do better in school than those who don't. Recent research suggests exposure to music may benefit a child's reading age, IQ and the development of certain parts of the brain. Adults can benefit from learning to play an instrument too because it helps the mind to be alert and active eventually helping to sharpen the memory.

2. It Teaches Discipline

Learning to play an instrument is like learning to speak another language and it can be challenging at times. One of the qualities musicians possess is discipline. You have to be disciplined in order to master playing your instrument. You have to set time each day to practice, practice and practice some more.

3. Playing A Musical Instrument Relieves Stress

We all have days when we are so stressed out and we just want to take a break from it all. Have you ever noticed that when you hear soft, soothing music you feel more relaxed? Playing an instrument can do that and more, especially if you're the one playing. Music is one of life's simple joys; it helps calm the mind.

4. Sense of Achievement

If you're a beginner learning to play your first piece, it can be frustrating. But once you've mastered it, the satisfaction you'll feel is priceless. Never mind if it's just a simple piece, believe me you'll never forget the first piece you've mastered. You are one more step closer to achieving your goal and that is certainly something to be proud of.

5. Playing A Musical Instrument is Fun

Sure it can be a lot of hard work but there is no denying playing an instrument is fun. Once you get better at it, opportunities will arise for you to share your newly learned skill with your family and friends. Who knows, you may also consider playing professionally in the future. Playing a musical instrument opens up a lot of good possibilities that will surely enrich your life.

Yours in music
Mrs Gill, Mrs Johnson, Mr Gill

Visual Art Report

Welcome to all our new students and families as we settle into the new academic year.

Our new Year 7 cohort are working through the very apt topic of Splash, where we create artworks and study works around the theme of water and what lies beneath. All Year 7 students spend the entire year completing their Visual Art studies and this year we have Mr Bell, Mrs Googe, Mr Gill, Ms Feltham and Mrs Proudlock teaching our young artists. As an added bonus I get to work closely with this group in the capacity as their Year Advisor.

At the other end of the spectrum we have many Year 12 students in full swing of beginning their HSC body of work and fine tuning their writing skills. We hope to continue the legacy of being selected for the prestigious local exhibition First Class at Lake Macquarie City Art Gallery this year.



Mrs Proudlock's 2018 class were honoured with the selection of three students being included, and this exhibition is on view until 31st March 2018.

We look forward to many opportunities this year to display our amazing artists work such as the Operation Art Competition (we have had a student represent us at the Art Gallery of NSW for two years in a row). The Young Archie Prize and the John Coxon Photography Prize.

Ms Feltham
Visual Arts

SUPPORT CLASS NEWS

Welcome back everyone. It is wonderful to see all of our students in school uniform and excited to start 2019 school year. This year we have had a few changes. We would like to welcome our new staff members to our team: Mrs Megan Jennings our new teacher and Mr Shaun Parkes (School Support Learning Officer). We have the addition of a new class being an Autism class or (AU) class.

Staff on each class is as follows:

IM class teacher: Mrs Lisa Shaw and School Learning Support Officers are Miss Astrid Crosbie for the majority of the week while Ms Leanne Cox will be supporting the students on Tuesdays.

Junior IO teacher: Ms Avery and School Learning Support Officer: Mrs Tracey Barnett - Monday Tuesday Wednesday and Thursday. Other days will be Ms Leanne Cox.

Senior IO teacher: Mr Lewis Pink and School Support Learning Officer is Mr Shaun Parkes.

Multi-Cat class teacher: Mr Dan Hutchinson and School Support learning Officer Kathleen Harford.

Autism Class (AU) teacher: Mrs Megan Jennings and School Support Learning officer Sharlene Hayes.

On our team we have Mrs Elisha Hicks a teacher who works across all classes and Mrs Kelly Wilcox a Support Learning Officer assisting an individual student.

This term teachers will be conducting Individual Education Plan or IEP is meeting with you to discuss ways we can individualise each students learning outcomes and cater to each students learning goals.

This year we would like to see students participate in as many opportunities as they would feel comfortable in to enrich their learning potential. Some of the activities may include:

Star Struck, Beyond Boundaries Café, Community Access, TAFE, work experience, excursions, sporting events, trampolining, cinema program, SES volunteer's, barista course, White Card Course, Reading Club, Delta Dogs, participating in TAFE taster courses and many more activities.

The team is looking forward to an engaging and rewarding year working with all of our students. Please do not hesitate to contact your teacher if you do have any concerns.

Mrs Lisa Shaw
Head Teacher Special Education (Relieving)



TAS (TECHNOLOGICAL AND APPLIED STUDIES)

TAS Staff

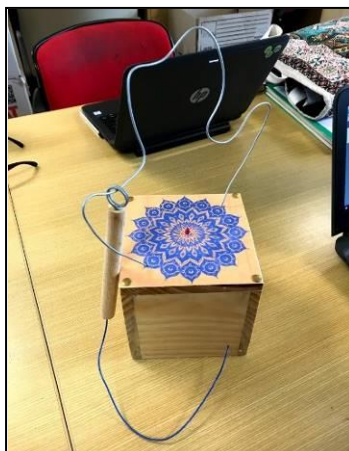
The TAS faculty consists of the following teaching staff:

Suzanne Ross (Head Teacher), Mark Hanks, Nadine Hooker, Seanne Jones, Andrew Kelly, Phil Martin, Craig Mitchell and Karen Newman.

Technology (Mandatory)

With the implementation of the new stage 4 syllabus Year 7 students are now engaging in new projects and content. The content will cover Digital Technologies including Coding, Agriculture and Food and Material Technologies such as Electronics and Timber. Some of the projects will include skills tester, mobile phone holders, food products such as muffins and e-Textiles. Students rotate around context areas every 13 weeks.

All students will study Digital Technologies all year.



Year 8 will continue with the old syllabus on a similar rotational basis while teachers are trialling new ideas and introducing new technologies.

NSW Cyber Security Network

Sarah Box from NSW Cyber Security Network presented to the school MICRO-BIT GO kits and the associated support.

The kits and the mentor program will be used to support our iSTEM classes and the Technology Mandatory syllabus delivery of Digital Technology.

The NSW Cyber Security Network (NSWCSN) is an NSW Government initiative funded by the NSW State Government and universities. It focuses on developing solutions to end-user-led challenges and aims to position NSW as a leader in cyber security.



Hospitality

This year we have two Year 11 Hospitality classes and one HSC class. Within one Hospitality class some students are also studying Food Technology Life skills concurrently. HSC students are currently working in our Café supplying coffee to our staff every Tuesday morning as well as gaining skills and competencies for their VET course. Year 11 are experiencing an introduction to the industry and are developing knowledge about WHS, Equipment and Food production. Year 11 will go to work placement during Term 3.

Year 9 Industrial Technology - Metal

This semester Year 9 Metal will be developing their practical skills and knowledge of working with metal materials. They will be using sheet metal materials, hand tools and metalworking machinery to produce several projects. These projects will include a dustpan and tool tray.



Year 9 and 10 Food Technology

Students have embarked on their assessment tasks following assessment schedules which include research and practical preparation to meet the requirements of authentic problems.

Students are studying Food Selection and Health and Foods for Special Needs. Junior and Senior IO students are also studying these units as part of their Food Technology Life Skills program.

Year 9 and 10 iSTEM classes

Science, technology, engineering and mathematics are fundamental to shaping the future of Australia. They provide enabling skills and knowledge that increasingly underpin many professions and trades and the skills of a technologically enabled workforce. The iSTEM program utilises these knowledge sources in application to future focused learning and teaching.

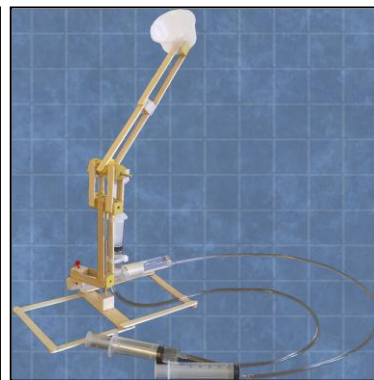
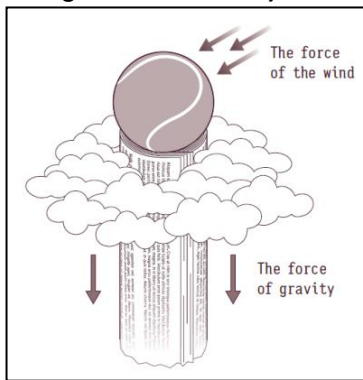
During Term 1 Year 9 STEM students will complete tasks related to the principles and processes of engineering. These tasks involve building a series of structures using a variety of different materials.

There will be an excursion to the Virtual Reality centre in Charlestown to give the students an insight into ever changing technologies in society today.

During Term 1 Year 10 will be completing tasks relating to electricity and motion.

Students will be constructing circuits as well as designing a mousetrap racer.

They will also be working in groups to complete a folio connecting with the mousetrap racer.



Suzanne Ross

Head Teacher Technological and Applied Studies

SCIENCE

Year 10 Science – off to a flying start!

One way to start the Science school year is to get experimenting. Year 10 students are encouraged to investigate the main course ideas by collecting and analysing their own data. This experimentation by STEM builds on the skills and knowledge they have learnt in Years 7 to 9.

The Year 10 course starts with Motion (Physics) and 10E have been analysing the velocity of planes.

After choosing and refining planes of their own designs, students figured out the data needed and how to collect it!

It is amazing to see how easily students seamlessly incorporate technology; most groups using their smartphones for the time of flight. Here the emphasis was on data that is rigorous and reliable for the best comparison. When final reports are submitted after Week 3, the 'fastest plane' will be determined.

Year 10 will also be covering Genetics (Biology) and Chemistry this semester.



Mr Walker

10E Science Teacher

LIBRARY

The Library is open to students before school, recess and lunch with students able to borrow books from the large range of fiction and educational resources available. The Library catalogue is available on every student's SENTRAL portal page along with the link to the Library catalogue. The catalogue includes digital resources and websites. Students can search for resources, reserve books and write reviews of books they have read which are then published in the catalogue.

<https://oliver371.library.det.nsw.edu.au/oliver/home/news>

There are thirty computers in the Library that students may use at recess and lunch with access to printing also available.

The ALC upstairs has thirty computers which are used during class time. There is also a study room available for senior students adjacent to the ALC.

Miss Davis is the teacher Librarian who can assist students with research together with Mrs Googe, the teacher Librarian on Thursdays. Teacher librarians are skilfully assisted by Mrs Snowden and Mrs Heaney.



Library Resources

Access to State Library of New South Wales resources

Audiovisual collection

Clickview Online

Digital Sydney Morning Herald

Newcastle Herald

The Daily Telegraph

Fiction Collection

Newspaper folders

Non-Fiction collection

Oliver Home page

Periodical collection

Teacher Librarian

Julie Davis

Julie.T.Davis@det.nsw.edu.au

The Teacher Librarian

How the Teacher Librarian can help students.

The Teacher Librarian –

- Teaches research skills
- Helps students with using the Library catalogue to find resources
- Promotes the *State Library of New South Wales* resources
- Guides students with evaluating internet sites
- Provides resources on study organisation, study methods and note making
- Provides a quiet environment at recess and lunch for students to work in the Library
- Assists with referencing, bibliographies and assignments
- Organises *Clickview Online* accounts for students and staff
- Collects resources in advance for classes
- Prepares bibliographies for requested topics
- Assists with wide reading programs
- Finds suitable internet sites for students
- Talks to students about how they will locate information
- Assist students with locating periodical articles
- Helps with student passwords.
- Demonstrates the Library catalogue
- Teaches about being selective and critical

Julie Davis
Teacher/Librarian

SPORT REPORT

Jessica Pickering

Fantastic start to the year for Jessica Pickering. Jessica recently attended the National Senior Trampoline Athlete training camp at the Australian Institute of Sport. During this intensive camp Jessica earned the respect of national selectors and was announced as a last minute addition to the senior national team to contest the 2020 Tokyo Olympic qualification events in Baku, Azerbaijan, where she is now.

Jessica is likely to be the youngest athlete in this, the first World Cup of 2019, and will be endeavouring to cement the perception of her by many as one of the future superstars of international trampolining.

National coach Brett Austine is keen for Jessica to do her best by remaining calm under high expectations with a consistent performance after only one week's preparation between being named in the team and flying out to contest this event in Azerbaijan.

News just in from coach Brett is that Jessica has placed 32nd in her first senior international trampoline championship and also placed 12th in the Synchronised Trampoline. Outstanding for the youngest competitor in the first of the Olympic Qualifying events. Congratulations Jessica for your outstanding results.

Caitlan Johnston

Great news for Caitlan selected to play in the Harvey Norman Women's All-stars Indigenous v's Maori rugby league game at AAMI Park last week in Melbourne.

Caitlan was the youngest girl on the field and she played with a lot of passion and had a strong game with outstanding defence, involving herself as much as she could in the play. Congratulations Caitlan!

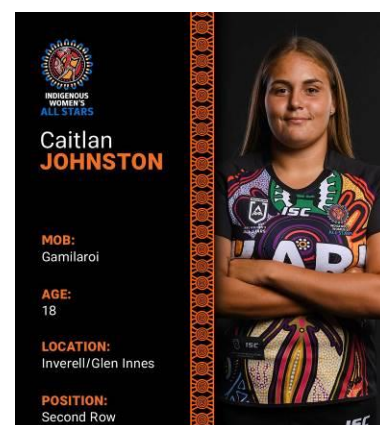
Kyle Malcolm

Late last year Kyle Malcolm (pictured below middle row far right) travelled to Brisbane to compete in the Aboriginal Football Championships, playing for the Newcastle All stars. Kyle's team took out the championship winning the Grand final.



Kyle also recently competed in Sydney in the national Futsal Championships and has been chosen to play in the Australian U16 Boys National Futsal team and will compete in Greece in October.

Fantastic news Kyle. Well done!



Regional Athletics

- Ashlyn Blackstock won gold and broke both of the U15 girls Little Athletics regional discus and shotput records
- Blake Gorton Year 11 won silver in U17 javelin
- Reece McManus (Year 7) won silver in U13 triple jump, 80m hurdles and long jump. Bronze in 200m hurdles
- Liam Granato (Year 10) won bronze in U15 100m hurdles and 200m sprint.

Lake Macquarie Awards

Exciting news for 4 of our own here at BHS!!

Congratulations to Ky Willott and Jessica Pickering, both of Year 12, Caleb McDermott of Year 10 and Mr Brett Austine, PDHPE teacher, honoured with nominations for the Lake Macquarie Awards.

All of us at BHS are extremely proud and excited for each of you. Winners will be announced February 22. Good luck!!



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

Mrs Sarah Googe – Learning Hub Coordinator

Mr Michael Allenby – Deputy Principal

PHONE: (02) 4945 0600

CAREERS REPORT

Welcome to 2019! Careers is ready for another huge year!!

CAT TEAM

The Careers and Transition team consists of:

- Careers Advisor: Mrs Natalie Hilder (office next to A4)
- Transition Advisor: Mrs Natalie Hilder
- Head Teacher VET: Mr Scott New (mathematics staffroom OR office near E7/E8)
- NESA Coordinator: Mr Scott New
- CAT admin: Mrs Tracey Snowden (Library)

Please contact the appropriate staff member with any questions.

Important Information from the School Careers Department

Our school has now provided students and their parents/caregivers with a 'School Careers Website'. You can find it at www.belmonthighcareers.com.au This is a "One Stop Shop" for your child's needs with their career Planning, information, senior school, post school options and much more.

Courses 2019

Get organised, get qualified!

Courses provide qualifications and insight into industry areas. They look great on your resume' and could give you the head start on that job! See our 2019 list of courses. Notes can be collected from outside Careers.

- **First Aid Course** – held in the school library
8.30am – 3.10pm
Cost - \$70
Tuesday 5th March, Tuesday 4th June, Tuesday 27th August, Tuesday 19th November
- **Whitecard course** – held in the school library
8.00am – 3.10pm
Cost - \$95
Friday 15th March, Friday 14th June, Friday 6th September, Friday 29th November
- **RSA and RCG** – held in the school library
8am – 3pm
Cost - \$210 for both or RCG \$80 only
RSA – Thursday 13th June and RCG – Thursday 20th June
- **Barista course** – held at Hamilton TAFE
9.30am – 2.30pm
Cost - \$130
Friday 5th April, Friday 21st June

School Based Traineeship

Congratulations to Mikaela Jensen of Year 11, our newest School Based Trainee, accepted into Hunter New England Health Nursing. Mikaela will complete her Certificate III in Health Services Assistance while also working at Belmont Hospital...all while completing her HSC here at Belmont High. Well done Mikaela!



Work Experience 2019

Work experience is a great opportunity to get some experience and see what particular industries are all about. We encourage ALL of our Year 10 students to complete at least one work experience opportunity during the year. Students are encouraged to seek their own placements, however assistance can be sort from the Careers Adviser.



Work experience week 1 - April 8th - April 12th

Work experience week 2 - July 1st - July 5th

Work experience week 3 - Sept 23rd - Sept 27th

For some more information and guidelines about work experience - see our schools website!

<https://www.belmonthighcareers.com.au/?page=required-documents>

Natalie Hilder
Careers Adviser



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



OPENING HOURS

Terms 1 & 4

Mon 12.30-1.30pm
Tue 2.45-3.45pm
Thu 8.15-9.15am

Terms 2 & 3

Mon 1.30-1.30pm
Thu 8.15-9.15am



2019		
Blouse Junior		\$31
Skirt Junior		\$45
Unisex Shorts – Shorter Length		\$25
Unisex Shorts – Longer Length		\$25
Unisex Everyday Polo		\$32
Unisex Hoodie		\$40
Chino Navy Long Pants – Male		\$45
Chino Navy Long Pants – Female		\$45
Jacket		\$56
Sloppy Joe		\$30
Polar Fleece Jumper		\$15
Knit Jumper		\$65-80
Hospitality Polo		\$30
Book Packs Yr 7		\$85

2018/19		
Blouse Jnr & Snr		\$31
Skirt Jnr & Snr		\$45
Girls Shorts		\$22 NOW \$17
Dress Shorts		\$20
Boys Everyday Polo		\$32 NOW \$25
Boys Sports Shorts		\$29 NOW \$23
Senior Boys Shirt White		\$26
Senior Boys Polo White		\$26 NOW \$20
Sports Polo		\$30 NOW \$24
Jacket		\$56
Sloppy Joe		\$30
Polar Fleece Jumper		\$15
Knit Jumper		\$65-80
Hospitality Polo		\$30
Book Packs Yr 7		\$85

Online ordering – collect from Uniform Shop

www.countryfeelinguniforms.com.au

Country.feeling@bigpond.com

0414 651 211

Online ordering – collect from Uniform Shop

www.countryfeelinguniforms.com.au

Country.feeling@bigpond.com

0414 651 211

BELMONT HIGH SCHOOL CANTEEN PRICE LIST

HOT FOOD		SANDWICHES (White/Multigrain)	
Lean Meat Pie	\$2.50	Salad	\$3.00
Lean Potato Pie	\$2.50	Ham, Cheese, Tomato	\$2.50
Lean Sausage Roll	\$2.00	Egg, Lettuce	\$2.50
Cheese & Bacon Sausage Roll	\$2.50	Chicken, Lettuce, Mayo	\$2.50
Spinach & Ricotta Roll	\$2.50	We can also make sandwiches to order	
Spring Rolls	\$2.00	LAVASH WRAPS 1/2	
Hot Dog	\$2.50	Carrot, Lettuce, Chicken, Grated Cheese	\$2.50
Gluten Free Nuggets (5) (Must be pre-ordered)	\$2.50	Wraps can also be made to order	
Chicken Fingers (5)	\$2.50	SNACKS	
Chicken Burger (Lettuce, mayo, 100% breast fillet)	\$4.00	Large Chips	\$2.00
		Small Chips	\$1.00
Sweet Chilli Burger (2 chilli tenders, lettuce, mayo)	\$4.00	J.J.'s	\$1.00
		Pretzels	\$1.00
DRINKS			
600ml Plain Milk	\$1.50	ICE BLOCKS	
600ml Flavoured Milk	\$3.00	Frozen Juice Cup	.60c
300ml Flavoured Milk	\$2.00	Zooper Doopers	.50c
Small Juice	\$2.50	Moosies	\$1.00
Large Juice	\$3.00	Frozen Yoghurt	\$2.00
Up and Go	\$2.00	SAUCES	
Poppers	\$1.00	Tomato	.30c
Regular Cans – Diet Drinks	\$2.20	Barbecue	.30c
Small Cans	\$2.00	Sweet and Sour	.30c
Water	\$1.00	FRESH FRUIT	\$1.00each
Powerade	\$4.00		
Quench	\$3.00		
Waterfords	\$2.50		
BURGER OF THE WEEK (Rotational) CHICKEN BLT \$5.00 / CHICKEN PARMA \$5.00 McBURGER \$5.00 PLEASE CHECK OUR BOARD FOR AVAILABILITY			
PLEASE SEE WEEKLY AND TERM SPECIALS ON THE BACK			

TERMS 1 and 4 ONLY

Chicken Caesar Salad Tub \$6.00

Salad Tub (GF) \$5.00 / with Chicken or Ham \$6.00

Chicken Caesar Wrap \$3.00

Watermelon Tub \$2.00

Fruit Salad Tub \$2.50

TERMS 2 and 3 ONLY

Soup of the Day with Roll \$3.50

Spaghetti Bolognese \$4.00

Pasta Carbonara \$3.50

Fried Rice \$3.50

MONDAY and WEDNESDAY

Nachos \$5.00

Vege Nachos \$5.00

Ham and Cheese Toastie \$3.00

TUESDAY and THURSDAY

Homemade Rissolle and Gravy Roll \$5.00

FRIDAY

Burrito \$5.00

Chicken and Gravy Roll \$4.00

**THESE ITEMS ARE AVAILABLE
ON A WEEKLY ROTATIONAL MENU – TERMS 1 and 4 ONLY**

PLEASE CHECK OUR BOARD

Homemade Vietnamese Rolls (2),(GF,V) with dipping sauce \$3.00

Homemade Sushi (GF) \$4.00

Bruschetta (V) \$3.50


Dip Box (dip, vege sticks, rice crackers (GF)) \$3.00

We also have Gluten Free bread available for orders only at an additional charge.

LAKE MACQUARIE RUGBY CLUB

JUNIORS

Under 4s - Under 18s



WE WANT YOU
to become a Roo in 2019

Be coached by some of the best coaches in the region. We are recruiting players of all standards and ages, for our 2019 campaign.

www.lakemacquarierugby.com


For more information contact
Matthew Bartley 0407 485 955

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- Remedial literacy & numeracy
- Small group & one-on-one tutoring
- Years 3 - 12, all levels
- Exam prep workshops
- Essay writing & study skills
- Qualified, experienced teachers
- HSC specialists



KEY DATES

Summer Holiday School	21 - 23 Jan
Term 1, 2019	29 Jan - 12 Apr
Term 2, 2019	29 Apr - 5 Jul
Winter Holiday School	15 - 18 Jul
Term 3, 2019	22 Jul - 27 Sep
Spring Holiday School	7 - 10 Oct
Term 4, 2019	14 Oct - 13 Dec

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Bulldogs
AFC**

Mark Philpott 0408 640 623
mpott07@yahoo.com.au
Open for boys and girls 5-17yo



Sign up for junior footy **play.afl**