



## Building Harmony and Success

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

## PRINCIPAL'S MESSAGE

### Building Upgrade

Work continues to progress at a rapid rate on the building upgrade. Over the holidays, administration and executive staff are expected to move back into A block. Classes will also move into the first of the refurbished classrooms. Work will also commence in B block in one of the existing kitchens. The maths and English staffroom will also be relocated to temporary locations around the school. Early next term it is hoped that parts of the main quadrangle will be available for student use.

Landscaping work and the construction of a new entry to the school from Henry Street will also commence shortly with new electronic gates being installed on the school entry. Electronically operated gates are now commonly installed in schools in the interests of student, staff and visitor safety.

At this stage, the builders are on track for completion of the project by the September school holidays which will also allow year 12 students to use the hall for their HSC exams. It is also planned for year 12 students to use the hall for their upcoming trial HSC exams.

An information booth on the building upgrade will be set up at the upcoming parent teacher interviews.

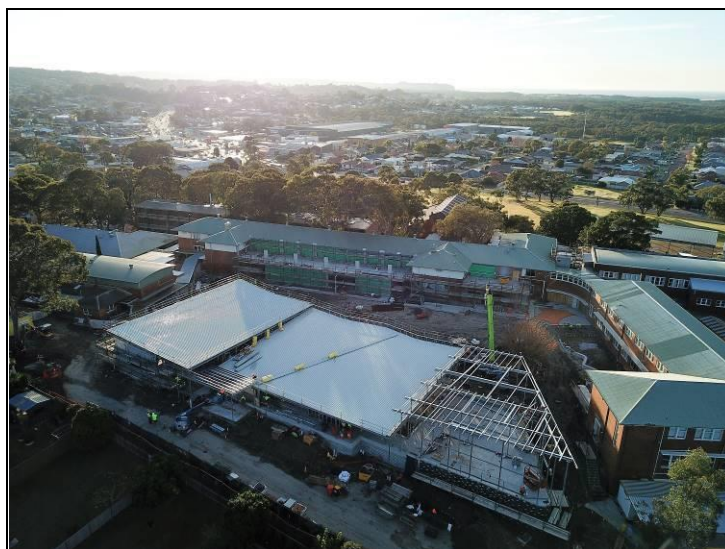
### DATES FOR YOUR DIARY

#### July

- 22 Staff return Term 3
- 23 Students return Term 3
- 25 Merit assembly
- 26 Year 12 fundraiser day
- 29 Trial HSC commences
- 29 Parent/teacher night – All years
- 31 Science & Engineering Challenge

#### August

- 5 HSC Society & Culture major work due
- 5-9 Year 11 TVET work placement
- 9 Trial HSC concludes
- 14-15 Trial HSC music practical
- 15 HSC Industrial Tech major works due
- 15-16 HSC Dance Practical
- 15 RSC Course 2
- 16 RCG Course 2
- 22 Year 12 music @ Lizottes
- 26 Year 12 Finishing Line presentation
- 27 Provide First Aid course



Phone: (02) 49450600  
[www.belmont-h.schools.nsw.edu.au](http://www.belmont-h.schools.nsw.edu.au)

**Organisation for 2020**

Planning for 2020 is well underway with parents and students of years 7 and 11 next year being involved in the processes of enrolments and subject selection. Information for both these year groups will be sent out to parents and students shortly.

Enquiries about enrolment for year 7 next year can be directed to the administrative staff at the school.

Any enquiries about the subject selection process for year 11 2020 can be directed to Michele Spinks, Deputy Principal or Scott New, Head Teacher Administration.

**Parent Teacher Interviews**

As previously mentioned parent teacher interviews will be held shortly. These interviews will be held on Monday 29 July from 2.45pm to 6.45pm for all year groups. Bookings can be made on SENTRY. Parents should keep an eye out on the school's Facebook page and the Skoolbag app for details of when these bookings will become available.

**Cyber Abuse**

One of the issues which both parents and school deal with on a regular basis is Cyber abuse. Cyber abuse is online behaviour which is reasonably likely to have a seriously threatening, intimidating, harassing or humiliating effect on a person. It is behaviour that threatens to hurt a person socially, psychologically or even physically.

It can take place in various online spaces, like chat rooms, on social networking sites, through emails, messaging apps or on message boards.

- trolling
- flaming
- cyberbullying
- cyber hate
- cyber violence
- cyber mobbing
- cyberstalking
- cyber harassment
- cyber racism and online hate speech
- technology-facilitated abuse
- sextortion
- image-based abuse

Cyber abuse can also involve a range of behaviours, some of which are described as: Terms like 'trolling', 'cyber hate' and 'cyber harassment' are often used interchangeably to refer to the same type of abuse.

These terms can sometimes be used to describe behaviour that may not necessarily be serious enough to be considered 'cyber abuse'. While some online behaviours and comments might be inappropriate or hurtful, they may not always constitute cyber abuse. Some examples can include:

- sarcastic comments
- insults
- strong opposing views
- off-topic statements that deliberately derail conversation threads

These behaviours may, however, reach the threshold of being considered a form of cyber abuse if there is a larger or serious pattern of targeted online abuse, and therefore likely to have a seriously threatening, intimidating, harassing or humiliating effect on a person.

The Office of the eSafety Commissioner is committed to empowering all Australians to have safer, more positive experiences online. The Office was established in 2015 with a mandate to coordinate and lead the online safety efforts across government, industry and the not-for-profit community.

The eSafety Commissioner's website provides resources for parent and students to deal with cyber abuse.

It also provides opportunities for on-line reporting of cyberbullying, image-based abuse and offensive and illegal content.

The eSafety website can be found at: <https://www.esafety.gov.au/>

Geoff Robinson  
Principal

**P&C MEETING**

**The next P&C meeting for 2019 will be  
Wednesday, August 21 at 5.30pm.  
All are welcome to attend.**



## P&C PRESIDENTS REPORT

### Support your P&C

Do your kids use the Canteen at all? Do you value the fact that they can get a cheap and healthy meal for lunch or recess? Has one of your children represented the school in sport and so put on a new school sports outfit? Will you as a family benefit from the school redevelopment and the staff and parents input into the new design? Have your children ever used a school computer for any of their classes and so are learning skills in a modern day environment? Have you enjoyed reading the Year 12 farewell booklet? Have you been proud of the fact that some of our elite athletes have been able to travel to state and national carnivals? Do you like the fact that each student can hone their maths skills using Mathspace? Do you value the parental input when there are new executive teachers to appoint?

Well, all of these great things have had significant input from your local Belmont High School P&C. Over the last 12 months they have greatly assisted the running of the school in so many different ways, and yet at previous meetings we were not able to meet because we couldn't form a quorum of just 5 people! At the AGM, we were unable to fill the positions of Secretary and Treasurer after our long term executive members resigned after their youngest children left school.

If you value the contribution of the P&C it is now time to contribute to the work of the P&C.

The simplest way is to come along to our meetings. Having 5 people along each month allows us to continue our work and to contribute around \$20,000 each year from the canteen profits to the work of the School. Our next meeting will be 5:30-6:30pm on Wednesday August 7 in the teacher's staffroom. We would love to see you there.

Then others may decide they can volunteer at the canteen a day (or a morning) a month. One or two might step into the treasurer's or secretary's position once they feel comfortable. Then your P&C will be able to continue to make a valuable input into your child's future.

Our children's schooling is vital for their future. We can make it the best within our power by supporting the P&C who are supporting our teachers who are doing their best to equip our children.

Stephen Taylor  
P&C President



# ATTENDANCE

## Senior students – Flexible timetable

The Senior Student Attendance Kiosk is back in operation in the Library

The Kiosk has been introduced for Senior Students to better manage their attendance due to their flexible timetable which allows for late starts and early finishes. The Kiosk operates in the following way for senior students.

1. All senior students now appear as automatically whole day absent.
2. The 'whole day absent' is removed when the student attends class Period 1 and the roll is marked by the teacher, or Period 2 (if it is their first lesson for the day).  
Students who have class Period 1 or Period 2 go directly to class – do not sign in at the Kiosk.
3. If your first lesson of the day is Period 3 or later you MUST sign in at the Kiosk in the library before 11.10am (this has been corrected as of 24/6/19).
4. If you arrive late you must sign in at the front office to remove the whole day absence
  - a. Example 1: if your class starts at 9.00am and you arrive at 9.10am you must sign in at the front office NOT the Kiosk.
  - b. Example 2: if your first lesson for the day is Period 3 and you arrive after 11.10am you must sign in at the front office or you will remain as whole day absent. The Kiosk will not allow you to sign in after 11.10am.
  - c. You missed your first period due to an appointment and arrive in time for the start of Period 2. You must still sign in at the front office to remove the whole day absence as you are technically late.
5. If a student's last timetabled lesson is before Period 6 they must scan out using the Kiosk otherwise they are assumed to still be on school premises.
6. If the whole year group finishes before the end of Period 6 they are not required to scan out. This rule applies on the following days:
  - a. Year 11 – Thursday A Lunch, Friday A Lunch, Monday B Lunch, Thursday B Period 4
  - b. Year 12 – Thursday A & B Lunch

If a senior student leaves the school premises they need to scan in at the Kiosk when they return to school and select the 'Return to School' option. This option will be available to the student if they have submitted their permission note to their relevant Deputy Principal.

It is essential for any senior student who arrives late for their first timetabled lesson, or after 11.10am, to sign in at Student Services. Failure to do so results in their attendance remaining as whole day absent and this will appear on their report as 'unexplained absences'.

If you have any queries regarding your child's attendance please contact Mrs Gee – Head Teacher Administration during school hours.

Mrs Gee  
Head Teacher Administration (Attendance)

BELL TIMES 2019			
Period	Monday	Tuesday, Wednesday, Friday	Thursday (with assembly)
0	8.10	8.10	8.10
1	9.00	9.00	9.00
2	9.55	9.55	9.50
Assembly			10.40
Recess (30 mins)	10.45	10.50	11.00
3	11.15	11.20	11.30
4	12.05	12.10	12.15
Lunch (30 mins)	12.50	1.00	1.00
5	1.20	1.30	1.30 Sport
6		2.20	2.20 Sport
End of Day	2.10	3.10	3.10





## SUPPORT CLASS NEWS

Congratulations to our amazing Star Struck students. So wonderful to see Paul, Jessica, Georgia, Jonathan and Caitlin dancing and performing. Words cannot describe the memories, excitement and buzz the students have each year to have this wonderful opportunity to perform with other students on this large stage.

Thank you to the fantastic staff; Ms Elisha Hicks, Mrs Sharlene Hayes, Mrs Lisa Arendts, Mrs Tracey Barnett, Mrs Suzanne Ross, Mrs Karen Newman and Mrs Erin Finnane and Miss Jacqueline Edwards who give up many hours to support our students with learning the dances, rehearsals and supervising at the performances.



This term we have had two interns specialising in Special Education. Mrs Lisa Arendts has been working with Ms Avery. The students in Ms Avery's class have been researching landforms in particular Uluru with Mrs Arendts.

Ms Jacqueline Edwards has been working with Mrs Shaw on Athletes researching Extreme Sports and famous sports people. It has been wonderful for our students to have the experience of these two fantastic trainee teachers who have been assets within the faculty. We wish them all the best for their future education endeavours.



Congratulations to Mr Daniel Hutchinson and his partner Isabella who welcomed their gorgeous girl, Lottie Bee Hutchinson born on the June 12.

On July 3 all classes went to Sydney, Darling Harbour where students explored the Maritime Museum, going on board the submarine and navy vessel at Darling Harbour. These Community Access excursions provide students with great opportunities to learn, explore, and to interact and socialise with their peers. These days are important as they help to foster connections, engage students in different learning environments and create wonderful memories.

Lastly, I would personally like to thank all of you: staff, parents and carers for your support over the period of time I have been Relieving Head Teacher Special Education. I have enjoyed making connections, building relationships and communicating with families as your child explores individual outcomes in their educational journey here at Belmont High. I have been extremely fortunate to lead a professional and committed team of specialised educators in delivering programs, which ensure that each student reaches their own individual goals as they transition to the adult world. Mr Daniel Hutchinson will be Relieving Head Teacher Special Education for the next semester.

Mrs Lisa Shaw  
Head Teacher Special Education (Relieving)



## STARSTRUCK – NO LIMITS

Another year of Star Struck is over with another large contingent of BHS students involved in the various areas of this professional mass performance by 3500 public school students throughout NSW.

We are very proud of our Star Struck traditions and are amazed year after year of the endless talent our students contribute to the extravaganza. The memories created throughout the week of StarStruck last a life time, with the endless smiles and energy and enthusiasm being a highlight for staff involved.

StarStruck is a massive commitment for all involved and we take this opportunity to thank parents and carers for supporting us with the numerous drop offs, pick-ups, payments and attending to any costume requirements.

Our annual mass shopping trip to Kotara Westfield is always highly anticipated, a good place to stay away from on the Friday afternoon of Star Struck week as many other schools do the same.

A huge thank you to Mrs Finnane who co-ordinated our Star Struck team this year and our SLSO staff for supporting our students with special needs. To all other staff involved a huge thank you for your commitment of time and energy for positive outcomes for the students of BHS.

Our dance groups performed...with our students with special needs receiving the largest applause. Cailene Dow of Year 9 excelled as a featured dancer in both contemporary and jazz. Well done Cailene on your extraordinary performance.

Karen Newman  
Starstruck team













## YEAR 5 ENRICHMENT PROGRAM

### SimplyScientrific!!!

During the last four weeks of last term, Year 5 students from Belmont, Belmont North and Floraville Public Schools enthusiastically took part in a wide range of fun scientific projects at Belmont High with the 'Simply Scientrific' experiment days.

These future scientists extended their range of scientific skills in the area of Forensics Science, Chemistry, Biology and Physics. The fun projects that students attempted as part of the Year 5 enrichment program included solving crimes, using magnets to levitate paper clips and looking at blood typing.

Feedback from everybody, including the teachers (Mr Drummond, Mr Blackburn and Mr Luck) shows that Science can be fun!

Mr Luck  
Science





## WELLBEING REPORT

### Breakfast Club

We are very grateful to the Combined Churches and Belmont Bakers Delight for their ongoing support of our Breakfast Club each Thursday morning. The smell of cheese toasties wafts through the corridors, enticing staff and students to our Wellbeing and Community Centre for their weekly 'drop in'.

We prepare and cook approximately 14 loaves of bread each morning. Our student helpers, Lily Robson, who volunteers her time each week arriving at 7.40am, and Holly Sletten who is completing course requirements for Work Studies, are most helpful.

Without the commitment of staff members such as Karen Sawyer and Catherine Sandall and the support from various other staff this program would be difficult to sustain. Not only does Breakfast Club provide a warm toastie to start the day, it also provides an opportunity for interaction, supporting the informal learning of both social and life skills for the students.

The school community are very fortunate to have this initiative and we truly appreciate the kind and generous donations made on a weekly basis.



Karen Newman  
Head Teacher Wellbeing (Relieving)

## CAPA REPORT

As Term 3 came to a close we said thank you to all music students for their hard work and various achievements. In particular, Year 7 students should all be very proud of themselves for learning picking and strumming skills on the guitar.

Before school and lunchtimes have been a hive of activity in music rooms, with a sprinkling of students from Years 7-12 actively pursuing practice time to hone their performance (and composition) skills.

### Unforgettable "The Idea of North" Workshop

This promised to be an unforgettable experience for all involved, and the ARIA award winning "Idea of North" did not disappoint. Students spent the day at HSPA on June 6 workshoping with this amazing a cappella vocal group, learning how to "sell" a song, vocally improvise with confidence, sing four-part harmony with ease and vocally imitate drum kit rhythms. After sharing tricks for sound-checking, it was also a huge treat when "The Idea of North" presented a short concert for hundreds of students drawn from many different schools.



### HSC Music Day

Our senior students feel more confident and equipped to deal with the challenges of their upcoming Music HSC exam due to attendance at the regional HSC Music Day on May 24 at Newcastle University Conservatorium. Mr Gill and his team of HSC markers organised this day of input from experts in the fields of performance, composition, musicology and aural. A highlight of the day was the guest speaker, Helen Galettis, who wrote the text we use for the aural component of the HSC exam.



**Starstruck**

There were some very sleepy but happy students wandering around with stars still in their eyes after participation in this year's Star Struck production. BHS Music provided high quality instrumentalists, solo singers, backing singers and choir members. The show was again a logistic triumph and an impressive showcase of public education in our region. The BHS audience (pictured) enjoyed cheering on our many musicians, singers and dancers. Congratulations to the following music students who represented our school so admirably.

**Orchestra:**

Danielle Griffiths (clarinet), Heidi McBriarty (clarinet), Ewan McKenzie (trombone), Bethanee Swilks (keyboard)

**RockBand**

Kristian Bunt, Aiden McKinnon

**Featured vocalists:**

Joshua Redding, Tobin Moore, Chloe Gill and Riley Stobbs.

**Backingsinger:**

Aleksandr Coe

**Choir:**

Jaith Bell, Laura Callaghan, Brianna Calvert, Royce Dalwood, Haley Davis, Isabella Hansen, James Hayman, Ivy Horan, Tyler Lannoy, Zoe Murdoch, Huntley Neufi, Kayden Rafferty, Caidance Rietdijk, Charlie Rowan, and Ciara Schindler.



Yours in the joy of music,  
Mrs Johnson, Mrs Gill, Mr Gill (HT CAP A)





## TECHNOLOGICAL and APPLIED STUDIES (TAS)



### Year 8 Masterchef Class



### Butterfly cakes

Nadine Hooker  
TAS



**Year 7 and 8 Technology**

Students in our junior years have been working hard using textile fibres/fabrics to create a variety of products.

Year 7 have been participating in a new course incorporating electronic components and textile technologies to create their own 'Bright Hearts Monster'. The aim of the project is to design and create a unique monster with a heart that will light up upon the completion of a successful simple circuit being stitched onto the fabric surface of the monster.

This product is designed for elderly people in nursing homes or older children in hospital, both of whom may feel lonely at times. The illuminated heart is aimed to assist the recipient feel loved and cared for, encouraging our students to feel empathy towards real world issues.

Year 8 created a felted component to incorporate into their final product. This is a new technique introduced into our textiles lessons throughout semester one. The students were able to select from a variety of end products including bags, dream catchers, cushions or bunting. This unit was enjoyed by all with some outstanding projects and folios being produced.



Karen Newman  
TAS



## PHYSICAL ACTIVITY 4 EVERYONE (PA4E1)

# THE MENTAL HEALTH BENEFITS OF EXERCISE

## FOR CHILDREN AND TEENAGERS



Increases self esteem



Improves social wellbeing



Improves attention



Improves decision making



Improves personal growth



Reduces risk of depression



Reduces anxiety



Can help children feel as though they are in charge of situation



Improves sleep



Increases autonomy



Can provide children with a more positive view of themselves



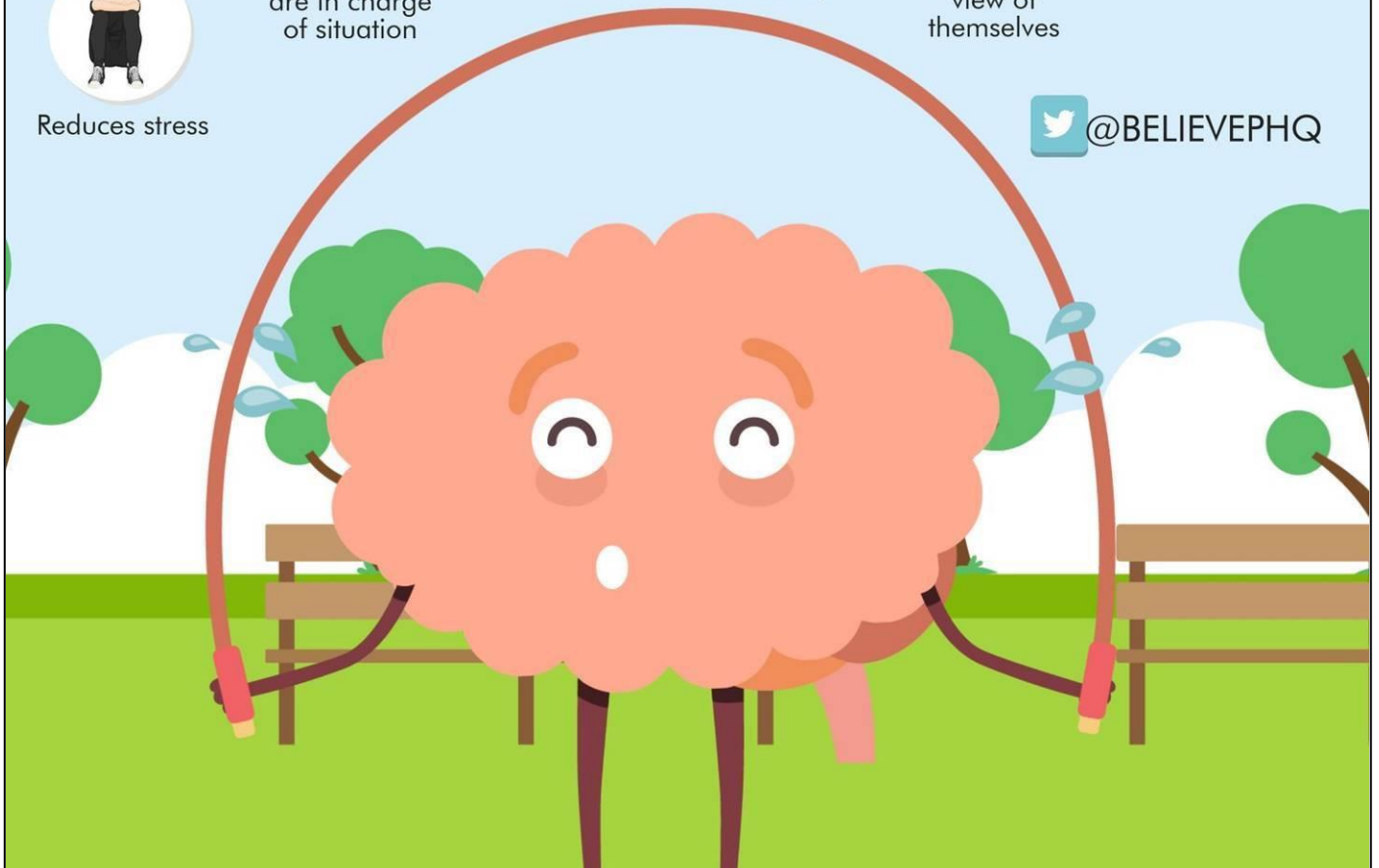
Increases confidence



Reduces stress



@BELIEVEPHQ





## SPORT REPORT

### HunterOztag

Congratulations to our Oztag teams who came away with some fantastic results at the Hunter Oztag competition, with the Year 11/12 girls and 9/10 boys teams heading to Sydney for the State Championships. All students participated with great enthusiasm and sportsmanship on the day. Well done to all!



### RugbyLeague

The Belmont High 14's Girls rugby league team battled it out in the Knights NRL Tournament last month, ending the day with two wins, one draw and one loss to finish second in their pool. For a team with half the girls never having played rugby league before, they were simply amazing. Congratulations girls!



Mrs Hilder & Mr Anning  
Oztag/Rugby Coordinators



# CAREERS REPORT

## Courses

### 99 BHS STUDENTS GAIN NATIONALLY RECOGNISED QUALIFICATIONS

- 30 students- Responsible Service of Alcohol
- 30 students- Responsible Conduct of Gaming
- 17 students- Construction Safety (White card)
- 22 students- Provide First Aid

## Course dates for Term 3

White card- Friday September 6- 8am start in the school library  
 Provide First Aid - Tuesday August 27 - 8.45am start in the school library  
 RSA and RCG- August 15 and 16 - 8.30am start in the school library  
 Barista- September 20- 9.30am start at Hamilton TAFE

## Year 12 EXIT interviews

Every Year 12 student will be interviewed as part of their transition to post school pathways. The Careers and Transition team are committed to making this BIG transition as smooth as possible. Students and the Careers Adviser discuss possible pathways such as Plan A, Plan B and Plan C. University, TAFE and Apprenticeship pathways are discussed.

## University applications 2020

Year 12 students should be aware that UAC is open and accepting their University preferences for 2020. The UAC book and guide to apply went home in early April. For more information, please visit UAC at <https://www.uac.edu.au/>  
 Remember early bird applications close late September!!

## YES TAFE Courses

Belmont High had 10 students engaged in the TAFE YES programs in Term 2. TAFE YES programs provide students the opportunity to try a trade and/or industry.

Courses run for one day a week or a whole week straight. Students from BHS have engaged in the following programs: Hospitality (cookery), Tiling, Hair and Beauty, Film and TV, Defence Force preparation, Childcare and Animal Studies.

Semester two courses will be released next term and students can participate in Term 4. Please keep an eye out for daily notices.

## Aboriginal Education- University of Newcastle Insight day

The University of Newcastle played host to Aboriginal students from Year 10 as part of Aboriginal Insight Day. Students attended the Ourimbah Campus where they engaged in University lessons and looked at possible pathways and degrees on offer at UoN. Thank you to The Wollotuka Institute and Dominic Dates for hosting our BHS students.



Natalie Hilder  
Careers Adviser



# LIBRARY REPORT

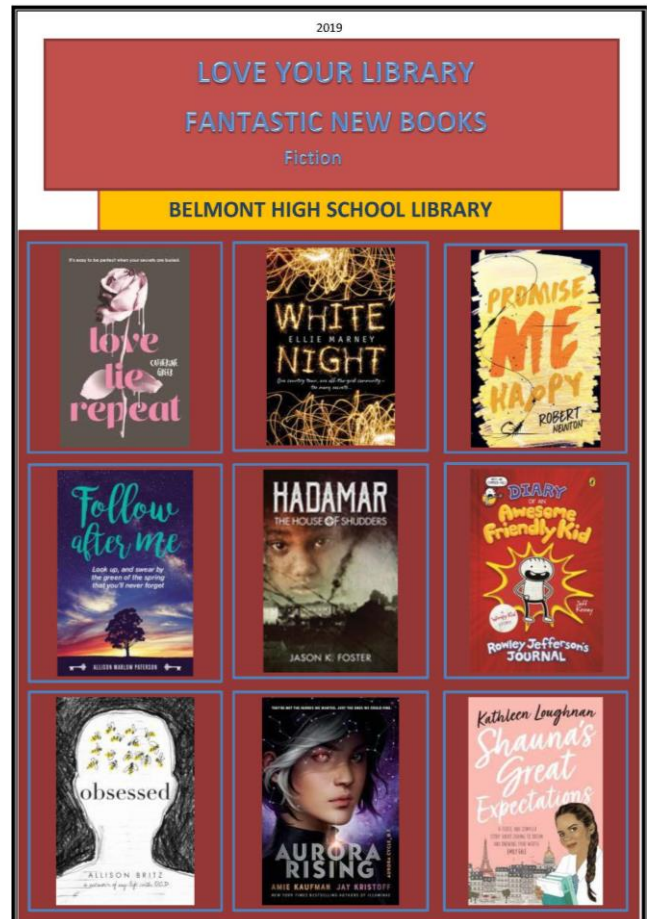
## Events

The library has been a busy place. It is popular with students at recess and lunch especially on the colder days. There are a set of student guidelines to ensure the Library is quiet enough for both junior students and senior students needing to study.

The library has had many events in recent weeks. The First Aid, RSA and Whitecard course were held in the Library. Students treated the presenters with respect and received their certification. Year 10 subject selection interviews were also held in the Library.

## Resources

The Library has a range of new resources and some great fiction reads. Fiction books are especially well borrowed.

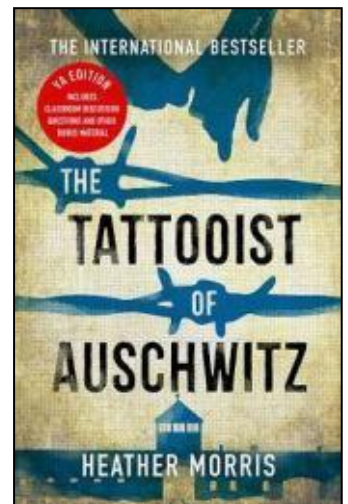


## Book of the Week

The international bestseller telling of the life of Lale in the Auschwitz-Birkenau concentration camp is now in YA edition. This edition is edited and updated for the younger readers, and contains extra materials, including classroom discussion points, additional photos, maps and documents and other educational resources. This powerful, human story of endurance would be enjoyed by older students.

## Library Staff

Mrs Heaney works in the Library on Wednesday. Ms Cox has started working in the Library on Monday, Tuesday and Friday, and has quickly learnt all the Library tasks and cheerfully assists students with borrowing, printing and other requests. Both Mrs Heaney and Ms Cox provide invaluable support to staff.



Julie Davis  
Librarian





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 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 outside of the classroom and to assist the students of Belmont High 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 catch-up
- Student support services



The Learning Hub runs each Thursday as follows...  
Senior students (Years 11 & 12) – 1.30pm – 4.00pm  
Junior students (Years 7 – 10) – conclusion of sport until 4pm.

Should you require further information please contact  
Sarah Googe – Learning Hub Coordinator  
Michael Allenby – Deputy Principal  
PHONE: (02) 4945066



BELMONT HIGH SCHOOL CANTEEN PRICE LIST			
HOT FOOD		SANDWICHES (White/Multigrain)	
Lean Meat Pie	\$3.00	Salad	\$3.50
Lean Potato Pie	\$3.00	Ham, Cheese, Tomato	\$3.00
Lean Sausage Roll	\$2.00	Egg, Lettuce	\$3.00
Cheese & Bacon Sausage Roll	\$3.00	Chicken, Lettuce, Mayo	\$3.00
Spinach & Ricotta Roll	\$3.00	We can also make sandwiches to order	
Spring Rolls	\$2.00	LAVASH WRAPS 1/2	
Hot Dog	\$2.50	Carrot, Lettuce, Chicken, Grated Cheese	\$3.00
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)	\$4.50	Large Chips	\$2.00
		Small Chips	\$1.00
Sweet Chilli Burger (2 chilli tenders, lettuce, mayo)	\$4.50	J.J.'s	\$1.00
		Pretzels	\$1.00
DRINKS			
Icebreak	\$3.50	ICE BLOCKS	
600ml Plain Milk	\$1.60		
600ml Flavoured Milk	\$3.00	Frozen Juice Cup	.80c
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	\$1.20	Tomato	.30c
Regular Cans – Diet Drinks	\$2.20	Barbecue	.30c
Waterfords	\$2.50	Sweet and Sour	.30c
Water	\$1.00	FRESH FRUIT	\$1.00each
Powerade	\$4.00		
BURGER OF THE WEEK (Rotational) CHICKEN BLT \$5.50 / CHICKEN PARMA \$5.50 McBURGER \$5.50 PLEASE CHECK OUR BOARD FOR AVAILABILITY			
PLEASE SEE WEEKLY AND TERM SPECIALS ON THE BACK			



**TERMS 1 and 4 ONLY**

Chicken Caesar Salad Tub \$6.50

Salad Tub (GF) \$5.00 / with Chicken or Ham \$6.50

Chicken Caesar Wrap \$4.00

Watermelon Tub \$2.00

Fruit Salad Tub \$2.50

**TERMS 2 and 3 ONLY**

Soup of the Day with Roll \$3.50/\$4.00 depending on soup

Spaghetti Bolognese \$4.50

Pasta Carbonara \$4.00

Fried Rice \$4.00

**MONDAY and WEDNESDAY**

Nachos \$5.00

Vege Nachos \$5.00

Ham and Cheese Toastie \$3.00

**TUESDAY and THURSDAY**

Homemade Rissole and Gravy Roll \$5.00

**FRIDAY**

Burrito \$5.00

Chicken and Gravy Roll \$5.00

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**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.



**Kip McGrath** EDUCATION CENTRES

# ENGLISH AND MATHS TUTORING



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secondary education centre™

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- Years 3 - 12, all levels
- Exam prep workshops
- Essay writing & study skills
- Qualified, experienced teachers
- HSC specialists

Discounts  
for multiple  
weekly lessons  
within the  
same family

### 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

Over 40 years of helping Newcastle students succeed

📞 4929 2522 🏠 11 Scott St Newcastle 2300

[arrendell@ozemail.com.au](mailto:arrendell@ozemail.com.au) | [www.arrendellsecondaryeducation.com.au](http://www.arrendellsecondaryeducation.com.au)



Junior Taggers

## SCHOOL HOLIDAY CLINIC

NEWCASTLE

Wednesday July 17th

Kentish & Ford Oval

New Lambton, 2305

9:30am - 1:00pm

Ages 5-14 Boys & Girls

Register Now:

[www.oztagequipmentsupplies.com](http://www.oztagequipmentsupplies.com)

**\$40**

**EARLY BIRD  
DISCOUNT**  
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**INCLUDES**  
OZTAG COTTON TEE  
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# Switched On — 4 Life —

## KIDS

TERM 3

ENROL NOW



### ABOUT OUR CLASSES

**This term** children learn new skills & techniques to assist in:

- Developing Social Skills
- Mindful Awareness-Pause/Listen/Breathe
- Flexible Thinking
- Healthy Body/Healthy Mind
- Assertiveness
- Happiness Habits
- Improving Fine & Gross Motor Skills
- Different Ways I Learn

WEEKLY TOPIC SHEET & POSITIVE AFFIRMATION

😊 FUN & GAMES 😊

HIGHLY SKILLED & QUALIFIED TEACHERS

[www.switchedon4life.net.au](http://www.switchedon4life.net.au)

**Session Times:** Tuesday & Wednesday (Weeks 2-9)

Kinder -Yr 3@ 4-4:45pm Yr 3-7@ 5-5:45pm

Costs:

1 Child \$15 class or \$110 (8 wks) Extra Child \$10 class

2 Children \$25 class or \$190 (8 wks)

High School - Wednesday (wks 6-9)

\$20 class or \$70 (4 wks ) 2 Children \$35/wk

Where: Switched On 4 Life Centre  
2 Saltspray Close Redhead, 2290

### BOOK IN TODAY!

Call : Di - 4944 7528

Vicki - 0404 025 958

or Lisa 0431 400 932



WEP AUSTRALIA

WEP.ORG.AU

# SEE THE WORLD

## ON A WEP STUDENT EXCHANGE!

MY EXCHANGE WAS ONE OF THE BEST EXPERIENCES OF MY LIFE! WEP WERE SO SUPPORTIVE PRIOR TO LEAVING, DURING MY PROGRAM AND ALSO UPON RETURN. 110% RECOMMEND :)



### WEP STUDENT EXCHANGE

- CHOOSE FROM **27** COUNTRIES
- ATTEND SCHOOL OVERSEAS
- LIVE WITH A LOCAL HOST FAMILY
- MAKE MEMORIES TO LAST A LIFETIME!

**MORE INFO: WEP.ORG.AU**

ARE YOU IN YEARS 9-12? DO YOU WANT TO DISCOVER THE WORLD? FIND OUT MORE ABOUT THIS ONCE-IN-A-LIFETIME OPPORTUNITY!

**REQUEST YOUR FREE INFO PACK!**

**G WEP.ORG.AU**



**SMS 0428 246 633**



**1300 884 733**



**INFO@WEP.ORG.AU**



**@WEPAUSTRALIA**

