

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

Working is progressing rapidly on the building upgrade and hopefully there will not be any wet weather to slow down the work.

The temporary administration office is now constructed in the school hall with administration and senior executive staff moved into this accommodation. There was some interruption to telephone and internet connections during the move and we thank parents for their patience and understanding during the move.

I would also ask parents to be mindful of the limited parking available both on-site and in adjoining streets as a result of the building works underway and to not attempt to park in the school grounds.

Phone: (02) 49450600

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



DATES FOR YOUR DIARY

May

- 30 Starstruck rehearsal
- 31 Regional Cross Country

June

- 5 NAMBUS
- 10 Queen's Birthday holiday
- 12 Year 11 2020 Parent Evening
- 12-14 Starstruck performance
- 17 Yr 11 2020 Subject Interviews
- 19 Zone Athletics Carnival
- 19 P&C Meeting
- 27 NAIDOC Assembly

July

- 5 Last Day Term 2
- 22 Staff return Term 3
- 23 Students return Term 3
- 29 Trial HSC (concludes August 9)
- 29 Parent/teacher night – All years
- 31 Science & Engineering Challenge



Year 7 2020

An information evening was held last term for parents of Year 6 students to assist them in the process of selecting a high school in 2020. Parents of year 6 students should have received an expression of interest form from their primary school, having completed and returned to their primary school by 8 April 2019. If you have any enquiries about the enrolment process please contact the school office in 49450600.

Year 7 in 2020 will be able to access our new learning spaces created as part of the building upgrade which will have an emphasis on future focused learning activities.

Healthy Canteen

All schools have a duty of care to their students and this includes ensuring they are provided with healthy food and drink choices to contribute to their development into healthy adults. As such the canteen at Belmont High School provides a range of menu items to allow students to make healthy choices.

We would ask that parents do not drop-off take away food items to students as the canteen provides good quality and reasonably priced menu items. Profits from the canteen are used to support programs and activities at the school.

The canteen is run by the school's P&C association so it is important for parents to support the P&C by attending their scheduled meetings on the third Wednesday of each month.

Parent Teacher Interviews

Parent interviews for students in years 7, 11 and 12 were held on Monday 8 April and despite the unseasonably warm weather, the evening was well attended by parents and carers. The next parent teacher evening for 2019 is scheduled for Monday, July 29 and will be for all year groups. Booking details will be advised closer to the date.


School uniform

Parents are asked to support the school's uniform policy by ensuring that students wear the appropriate school uniform every day. When it is not possible for a student to wear the correct uniform a note should be provided to the appropriate deputy principal.

Revised Bell Times

School bell times have been reviewed with changes made to provide students the opportunity to participate in a range of activities at recess and lunch. Please see changes to bell times below.

Geoff Robinson
Principal

<div style="text-align: center;"> BELL TIMES 2019  </div>			
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

P&C PRESIDENTS REPORT

At last month's Annual General Meeting the following report was presented...

The Education Act 1990 states that P&C Associations are established for 7 reasons. As I go through these reasons I will reflect on what has been achieved this last year:

- *"Promote the interest of the school by bringing parents, citizens, students and teaching staff into close co-operation";*

We have met 9 times in the past year

We have been successful in promoting the interests of the school

And this has been a helpful forum for discussion across all aspects of the school

- *"Assist in providing facilities and equipment for the school and promoting the recreation and welfare of the students at the school";*

We have given away many thousands of dollars and supported the purchase of Mathspace, Computers, sporting uniforms as well as helping with production of the Year 12 Yearbook and helping those involved in State sporting carnivals with their finances.

- *"Encourage parent and community participation in curriculum and other educational issues in schools";*

Over the last couple of years we have had representatives of English and Mathematics discuss how the curriculum has changed and how parents can help their children in those subjects.

- *"Report, when requested by the Minister, on the material requirements of the school and advise on the subject of maintenance of the school, alterations and additions to school facilities and the selection of new sites";*

We haven't been specifically requested to do that but Malcom Barnes has been on the building upgrade committee and so through him we have had a say in its direction.

- *"Assist and co-operate with teaching staff at public functions associated with the school"*

We have provided representatives for year 6 orientation, year 12 graduation as well as the annual Speech Day.

- *"Be responsible for the election of parent representatives to any school council constituted at the school in consultation with the principal of the school; and"*

We have been a part of 3 panels to employ future teachers in the school.

- *"Assist in any other matters in which the Minister may seek the co-operation of the association"*

None requested

We are not a big group of parents and citizens but we have achieved all the aims that this group has been constituted for. We have tried a number of ways of strengthening this committee and if we could achieve more regular support we might be able to build upon this into the future.

A special thanks to Kath, Kim and David (our executive) in making sure that everything has run smoothly, efficiently and effectively.

If you would like to know any more about the work of the P&C why not join us at our next meeting on Wednesday, June 19 from 5:30-6:30 in the Staffroom. Hope to see you there.

Stephen Taylor
P&C President



P&C MEETING
The next P&C meeting for
2019 will be Wednesday,
June 19 at 5.30pm.
All are welcome to attend.

ATTENDANCE

Congratulations to all students who are consistently attending school every day and arriving to all classes on time. You are giving yourself every opportunity to succeed in your learning! You will be awarded for your excellent attendance with Belmont Besties over the coming weeks.

Absences and late arrivals

A reminder that school commences promptly at 9.00am every morning for students in Year 7 to 10. If you arrive after 9am you must sign in at Student Services, otherwise you are recorded as absent for the whole day.

The Education Act (1990) requires parents to ensure that their children of compulsory school age attend school on each day that the school is open for instruction and to arrive on time unless there is an acceptable reason for them not attending. The Act also requires parents to explain their child's absences or late arrivals within seven (7) days of their occurrence. Failure to do so will result in an unjustified absence being recorded. To assist parents to notify the school if their child is absent a text message is sent to Parent contact 1 (as indicated on your child's enrolment form) on the day of the absence. You can notify the school of an absence or late arrival using the following methods:

- Reply to the SMS message sent on the day re your child being absent.
- Send an absent message via the SkoolBag App.
- Explain an absence via Sentral Parent Portal
- Hand in a signed written note to Student Services
- Email the school

Please remember to include your child's full name, date of absence and reason for absence. A justified reason is required on any day your child is absent, arrives late or needs to leave early.

Senior students – Flexible timetable

The Senior Student Attendance Kiosk is now operating. This is located near the front office and requires students to sign in and out using the biometric scanner located at the kiosk.

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 until they are marked present in their first timetabled period of the day.
2. If their first class of the day is Period 1 they go directly to class and are not required to scan in. When the student is marked present in Period 1 it automatically overrides the whole day absence and records them as present.
3. If their first class of the day is Period 2 they go directly to class and are not required to scan in. When the student is marked present in Period 1 it automatically overrides the whole day absence and records them as present.
4. If their first timetabled lesson is after Period 2 the student must scan in BEFORE 11am to override the whole day absence. If they arrive after 11am they must sign in at student services with a note for being late.
5. If a student's last timetabled lesson is before Period 6 they must scan out using the biometric scanner. Otherwise they are assumed to be still 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 & B Lunch 1, Friday A Lunch 1, Monday B Lunch 1
 - b. Year 12 – Thursday A & B Lunch 1
7. 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 11am, to sign in at Student Services. Failure to do so results in their attendance remaining as whole day absent.

Mrs Gee
Head Teacher Administration (Attendance)

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!**



PARENT SUPPORT

If any parent or carer would like to volunteer at school in areas such as dance, art or any of our planned cultural activities, we would very much appreciate your input.

PLP MEETING

I will continue to contact parents to make appointments to discuss putting together student Personal Learning Plans (PLP's). If you have a time that suits please contact me at the school 49450600.

SUPPORT STAFF

This year we have the following staff to support students... Todd Anning, AEW Aboriginal Education Worker and Kody Anning, School Learning Support Officer (LSO). Teacher support includes Mrs Spinks, Mrs Ross, Ms Dybell, Mrs Hilder and Miss Callan.

PULLI

What's Deadly!!

Aboriginal Education Program

Students from Year 7 to Year 10 have been involved in a Program called Leadership Velocity.

This program is coordinated by Geraldine Moran and Lynnette Milson from Centre of Hope and aims to build leadership within their culture.



Dance Workshops at Newcastle High

Four of our students including Amelia Pico, Arley Haynes, Cherokee Melbourne and Tashiqua Edwards recently attended dance workshops as part of the trial process for School Spectacular in Sydney.

Congratulations to Arley Haynes who was successful in being picked.

Sporting Success

Caitlan Johnston from Year 12 recently played in the Aboriginal All-stars Women's team, competing against the Maori All-stars team.

Caitlan was the youngest player on the field and from that game she has been selected to trial in the NSW women's rugby league side. Caitlan is also the captain of the Newcastle Knights Tasha Gale team. Congratulations Caitlan!



Kyle Malcolm from Year 10 played soccer in Logan Queensland as part of the Australian Indigenous soccer Knockout on which he played for Newcastle All-stars. Making the grand final. Kyle also went to Sydney and played in a Futsal Knockout on which he has now been chosen to play for Australia in the u/16 side in Greece.



Dance Group

Our dance group performed at Redhead Markets and help coordinate workshops at Belmont North Public School. We also have new students joining our dance group bringing with them new dances.



I Believe Program Year 7

We are lucky to have Dom Dates from Wollutuka coordinating the I Believe Program, talking to our students about being proud Aboriginal students and being strong in their culture.



Students attended the Awabakal strong Youth Launch.



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

YEAR 5 ENRICHMENT PROGRAM

Teaching the year 5 students interested in Drama from our partner primary schools last term was an utter joy. Their enthusiasm was palpable as well as....loud! Their squeals of enthusiasm was akin to an audience at a Justin Bieber concert!!

We started off with some getting to know you games and an introduction to performance (more enthusiastic squealing ensued). The last two lessons comprised of the students play building their own adaptation of the classic fairy tale Cinderella. Each group brought their own personality and style to the age old classic. Most turned up for the final class in costume and were thrilled in both their dress rehearsal and final performance.

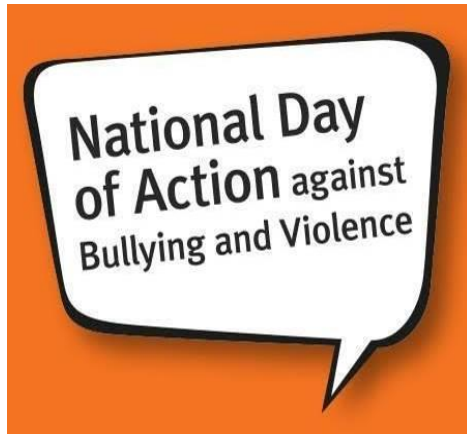
Drama offers students an opportunity to bond with peers in a creative, collegiate manner that promotes self confidence in public speaking. They feel ownership in what they have created, giving them a sense of achievement.

Both teacher and students got a lot out of this successful program. What a bunch of great kids!!



Alison Murphy
Drama Teacher

WELLBEING REPORT



This year's annual recognition of this important day was marked with a whole school assembly and a 'Think Tank' activity where classes brainstormed and gave valuable feedback on how we as a school can take action to ensure all students feel included, that positive student relationships exist and how we celebrate diversity. We look forward to using this feedback to assist our planning of our Wellbeing Policy at Belmont High throughout 2019.

Our assembly was very emotional as staff told personal stories of their own personal stories of their own journeys in life. The importance of positive words and how valuable they can be in making someone feel they have hope and the realisation that often the person exhibiting bullying behaviour will most likely be ashamed and regretful of their behaviours by their first school reunion!

A reflection of what our school would look like without bullying and how our world would look and feel without bullying was also highlighted. Our captains, SRC and Year 10 Peer Support Leaders gave their own thoughts and ideas to respond to this 'reflection'. As they shared their ideas with the whole school, a piece of orange fabric was tied on a pole to re-create the spontaneous 'pole' that was adorned with orange in 2018 in recognition of our stand against bullying at BHS.

Many staff also shared their experiences of bullying when they were schools students. This was presented in a slide show with their baby picture alongside a quote that told 'their story' to the music 'Fight Song'. This was a great shock to many students as they often feel they are the only ones to ever experience those often hurtful and negative feelings. To have them understand that staff shared similar issues as school students and highlighting the fact that we all grow up and survive was important. An acknowledgement of the emotional scars that stay with some forever was powerful.

The assembly concluded with the inspirational song 'Send it On'. This was amazing as the words were extremely meaningful and students began waving their phones with the torch light on – the words 'Shine a light and send it on' took on a greater meaning as students were showing the connection they felt to the powerful words.

We would like to thank Mrs Kathy Price for her generous donation of 100 cupcakes to sell, each one decorated with a theme of orange and blue and the message 'Bullying – No Way'. We aim to buy a permanent pole with this money to remind us of the action that we should be taking to keep out school community safe and free from bullying behaviour.

An example of terrible behaviours towards Stefani Germanotta as she was growing up in New York was told by Mrs Johnson. Stefani was told she'd never be famous and amount to anything....Stefani was later known as Lady Ga Ga!



Karen Newman
Head Teacher Wellbeing (Relieving)

WORLD'S GREATEST SHAVE

Congratulations to Jack, Jackson, Mitchell, Billy and Josh, all from Year 12, who took the plunge and shaved their heads last term for a very important cause. These young men hoped to raise \$1000 for leukemia research but they have smashed that goal with over \$3700 the current tally. Fantastic effort boys and the new 'smooth' cuts look great!! Overall, an outstanding contribution by all involved. Well done!

It's not too late! If you would like to make a donation to this great cause just follow the link below.

<https://secure.leukaemiafoundation.org.au/registant/TeamFundraisingPage.aspx?TeamID=114631&fbclid=IwAR3LKAKM8FW8yubA7i7x4nkWiuNBQ9bVGmc1VA-AHA4Y-TMHgF80VRN0FHY>



CAPA REPORT

Welcome Mr Rotolo

This term we warmly welcome from Newcastle University Mr Rotolo who is our guest teacher and guitarist extraordinaire. Mr Rotolo plays guitar in a Brazilian Jazz band called Dedos Curiosos which is playing in the upcoming Newcastle Jazz Festival. Hopefully some of our students will get to hear him play with the band.

African Choir delights

What a treat it was to host the 100% Hope Ugandan Choir on the last day of Term 1. Authentic drumming, call and response songs and movement made us feel like we were in Africa, and who could forget watching several of our teachers 'bust a move' with the Africans! Thank you to Mrs Watts for introducing us to this wonderful group of young people who we hope to host again here at Belmont High when they are next touring.



Morton Music Award Recipients

Congratulations to Alana Papanicolaou of Year 7, Charlotte Smyth of Year 9 and Chloe Gill of Year 10 who were recently selected by audition to receive a \$200 scholarship from Belmont Rotary Club. We wish these students well for their solo performances at the Rotary function on Monday night 27th May, where they will be spreading the great reputation of Belmont High in our local community.

Choralfest

The Vocal Ensemble and Senior Vocal Ensemble (pictured) both brought home gold at the recent Hunter Central Coast Choralfest Eisteddfod, upholding the outstanding competitive record of our school in this event. The adjudicator Doctor Christopher Allan commended both groups for their musicality, part security and enthusiasm.

Army Band

On Friday May 17 our band students were privileged to workshop all day with the Army Band. Not only did they benefit from hearing this excellent band in concert, but worked alongside these professional musicians on a personal level. We hope that our students were encouraged and inspired to see one possible career path in music.

**HSC Music Day**

On Friday May 24 our senior music students will attend a regional event which gathers together music students in the region for an intensive workshop day of aural skills and performance masterclass. This year they will be privileged to hear Helen Galettis (the author of their principal text) so we are confident they will return armed with valuable tips and new insights to assist them in their HSC examination.

Idea of North

Anyone who has ever heard Australian group 'The Idea of North' will appreciate the enormity of the opportunity presently open to all singers on Thursday June 6. Singers are invited to attend a concert and workshop with The Idea of North at Hunter School of the Performing Arts. More details and permission notes are available from Mrs Johnson.

Starstruck 2019

Rehearsals are well under way for our featured singers, backing vocalists, dancers and instrumentalists. Our choir students recently attended the first mass choir rehearsal with other schools (pictured) and the excitement was palpable. On Friday June 14 an excursion to the schools matinee will give other students an opportunity to go along and cheer for our students. The cost of this excursion is \$45 which includes ticket and bus travel. Please see music staff for a note if you would like to be a part of this.

Year 12

All students are working hard in class at present, but special mention should be made of Year 12, who have a rigorous schedule of extra rehearsals before school every day and in all of their breaks with members of their ensembles who are drawn from other years (and classes). Thank you also to the younger students who faithfully give of their own time to support our senior students in these ensembles. The teamwork skills demonstrated are awesome.

Yours in music,
Mr Gill (HT CAPA), Mrs Gill, Mrs Johnson

SUPPORT CLASS NEWS

It was fantastic to see our students hosting our Mother's Day breakfast on Thursday May 9. The students enjoyed the opportunity to host and socialise with you all. To see students taking orders, communicating with visitors, cooking the BBQ, making tea, coffees, and show casing their talents. The positive communication and interactions between our visitors and students was

This term Kathleen Harford (SLSO) transferred to Gorokan High school. We wish her all the best at her new placement. Kathleen was always the true professional and demonstrated dedication and commitment in assisting all of our students.

We have two new appointments as School Learning Support Officers (SLSO) joining our wonderful team here at Belmont High. Firstly we have Mrs Dawn Berki transferring from Thomas Reddall High school in Campbelltown who will starting in Term 4 of this year and is very experienced working in Special Education Support classes.

Secondly, Mrs Tammy Anderson is transferring from Wyong High School and will be joining us in Term 3 on Mr Hutchinson's class. Mrs Anderson also has experience working with students in a variety of Support classes. At present, we have on Mr Hutchinson's class as (SLSO) Ms Bianca Murray (Monday and Thursdays) and Mrs Ursula Cootes (Tuesday, Wednesday, and Friday). On Mrs, Shaw's class on Tuesday's we welcome Mr Anthony Gee (SLSO) who has been working with the students.

The Athletics Carnival was such a positive and enjoyable day. Our team of staff were just so proud and impressed with the students. Every single student competed in events whether they were novelty, field or track. Congratulations to all of those students who gained a place in events. When students were not competing, they would be socialising and interacting with their peers or staff. These days are certainly a highlight of the calendar year and students really benefit from the positivity and connectedness they bring, whether cheering from the sidelines or entering events.

Later this term we will be having meetings for our senior students as a transition to post school options. These are Individual transition Meetings. At these meetings, we invite Mr Tom Davison our Support Teacher Transition who has a wealth of knowledge in post school courses and opportunities.

Do not forget to place this date in your diary – **Thursday July 25**. This is the **Transition Expo for Students with a Disability – "Future Choices"**. This is at McDonald Jones stadium, Turton Road Broadmeadow, 9.00am – 1.00pm.

During this term, we will be welcoming interns. On Mrs Shaw's class, we have Ms Jacqueline Edward and Ms Melinda Avery's class will be Ms Lisa Arendt.

Star Struck students are very excited about the upcoming performance in June. Students have been busy rehearsing and their dance routines are looking brilliant. It is such an unforgettable and wonderful opportunity for our students. I know that many of our students enjoy the experience so much they sign themselves up each year.

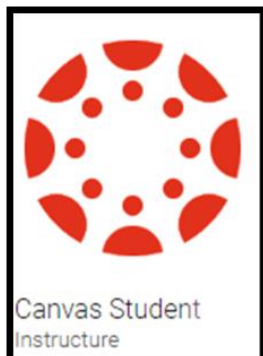
Mrs Lisa Shaw
Head Teacher Special Education (Relieving)



YEAR 7 DIGITAL CITIZENSHIP

Students in Year 7 Digital Citizenship are currently learning about the importance of leaving a positive Digital Footprint when using technology such as social media and conducting themselves in a safe positive manner when communicating via text and email. Classes have been becoming familiar with using Microsoft Word, correctly saving work using the school drives, learning how to access the free software provided through the Department of Education and correctly navigating the features of the keyboards and laptops. This will be invaluable when completing NAPLAN online.

All DC classes have been using Canvas for the delivery of the course content and have been submitting their completed work via Canvas. All students can access Canvas at home on the internet via the following link: www.belmont-hs.instructure.com. It is best to use Google Chrome to access Canvas. Please encourage your child to show you what they have been doing in class. Students can also download the free student Canvas app on their mobile phone through the app store on android and apple devices. The app looks like this:



The app allows students to take photos of their work and upload it to Canvas for marking. It also allows them to access their marks, tasks due, class announcements etc.

Students can link their mobile phone number to their profile so they get notified via text message when an assignment has been marked or if their teacher has sent them a message.

In Term 2 all Digital Citizenship classes will be commencing work on Cyber Safety and Cyber Bullying and becoming familiar with the e-Safety website and resources. They will also be learning to present their information using Publisher and PowerPoint.

Students are always timetabled in a computer room for Digital Citizenship lessons, however they are also encouraged to bring their own device so they can learn to use their laptop more effectively (iPads and notebooks are not advisable for this subject, as students need to be able to access Microsoft and Adobe software such as Word, Publisher, Excel, Photoshop).

Some students find it easier to navigate around the screen using a mouse rather than the laptop mouse pad. If your child prefers to use a mouse, please supply them with their own mouse that they can bring to class.



If you have any queries about Digital Citizenship or Canvas please send me an email: kristen.gee3@det.nsw.edu.au or phone the school on 49450600.

Mrs Gee

Digital Citizenship teacher

SPORT REPORT

Well it has been an extremely busy time in the sporting arena for Belmont High School! By the end of Week 1 Term 2 we had completed the 3 major carnivals for the year and participated in a number of team knockout and gala day carnivals, attended several Hunter trials in a wide variety of sports, participated in Zone Swimming and Cross Country carnivals and many more exciting sporting events!

Cross Country 2019

Congratulations to the students and staff members who braved the wind and rain to complete in this year's Cross Country Carnival at Barton Oval. Our resident weatherman (Mr. Salaris) had been following a mass of cloud that was heading straight for the venue in the hours leading up to the event and balancing that against a mild offshore wind that we hoped would push the rain East.

With the student body at the venue and only a few drops of rain it was decided that the start time would be brought forward and the race would be run. Battling intermittent rain and buffeting winds, students and a few brave staff members completed the 4km course with a few flicks of mud up their backs and a story to tell.

Once the points were tallied it was the Cullen juggernaut that snared victory with 3480 points followed by Lewers, Schofield and Marks all within 200 points of each other. Congratulations Cullen!

From the school carnival the zone team was selected to represent our school at the Eastlakes Zone Cross Country Carnival at Tunkawallin Oval, Gwandalan.

Athletics Carnival

The annual school Athletics Carnival took place on the students' second day back this term and it was a very successful and enjoyable day for both staff and students. It was our second year holding the event in Newcastle at the refurbished Fearnley Dawes Athletic Centre and the students are to be congratulated on their level of participation at the event!

Whether they were competing seriously or simply as an excuse to be active with their friends to gain house points, all students did so with a positive attitude. Impressively, a great deal of records were smashed at this year's event and special mention goes out to the athletes below. Also, a big congratulations to MARKS HOUSE who were the overall winners of the carnival!!



BHS ATHLETICS RECORD BREAKERS

Neshae Cuskelly	high jump	Abbey O'Toole	200m, 400m, 1500m, discus, shot put
Darci Ashton-Webster	200m	Justin Cox	400m
Neville Simon	shot put	Andrew Downie	100m, 400m
Ashlyn Blackstock	javelin, shot put, discus	Olivia Wright	200m, long jump
Jackson Hunter	discus	Ethan Gorton	200m
Nathan Roberts	100m	Liam Granato	shot put
Ryan Convery	high jump	Heath Dudley	javelin
James Downie	shot put	Drew Collins	200m
Cooper Simpson	high jump, long jump	Kyle Malcolm	400m

Individual Achievements

Special mention must go to the following students for individual achievements in their chosen sports.



Jessica Pickering (Year 12) will soon be heading to Melbourne for the Trampolining National Championships that she hopes will secure her position in the World Cup in Spain as well as the World Championships in Tokyo later this year. Congratulations and good luck Jess!



Congratulations to **Ky Willott** (Year 12) recently honoured in Hockey Australia's 2019 Men's National Recognised Futures Athlete list. Ky has also been successful in his selection to the U21 NSW State and Blues team that will head to Lismore for the Nationals in July. Wonderful news Ky! Well done!



Congratulations to **Ashlyn Blackstock** (Year 10) who had great success competing at the Australian National Track and Field Championships last term. Ashlyn came first in both the U16 Women's Discus and the U16 Women's Shot put, making that two National Championship titles. Ashlyn has also been invited to be part of the Athletics NSW Target Talent Program for both shotput and discus. An amazing accomplishment Ashlyn! Well done!



Congratulations to **Caleb McDermott** (Year 10) for his selection in the U16 Australian Lawn Bowls team. Caleb has also been successful in his selection to the CHS Lawn Bowls squad. Fantastic result Caleb! Well done!



Congratulations to **Kayne Gilmore** (Year 10) successful in his selection in the NSW U16 State Basketball team travelling to Darwin in July for the National Championships. 2 years of hard work and commitment finally paying off. Fantastic achievement Kayne! Well done!



Congratulations to **Georgia Atkins** (Year 10) who recently competed in the Australian Secondary School Championships for sailing. Together with her skipper the girls achieved amazing results, placing 10th overall, an impressive 8th in the Flying 11's and 2nd in the All Girls. Well done Georgia!



Congratulations to **Ruby Jefferies** (Year 7) who achieved a fantastic result at the CHS State Diving Championships last term, successfully placing 2nd in the 13 years girls' springboard, 2nd in the 13 years girls' knockout and an exciting 1st place in the team Synchronised Diving event. Ruby also placed 7th at the NSW All Schools Diving championships recently. Well done Ruby!

If anyone has any sporting achievements outside of the school environment that deserve recognition please let us know via emailing the school at any point throughout the year.

Carly Penny
Sports Organiser

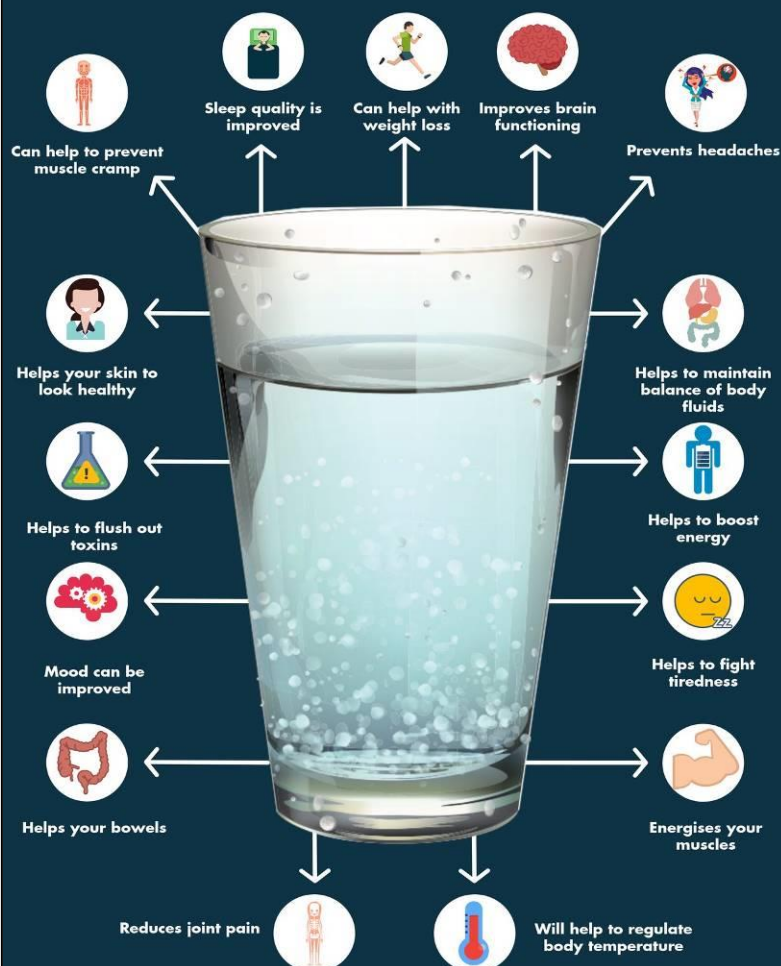
BHS CROSS COUNTRY CARNIVAL



PHYSICAL ACTIVITY 4 EVERYONE (PA4E1)

15 REASONS WHY YOU SHOULD DRINK MORE WATER

@BELIEVEPHQ



15 TIPS TO ENCOURAGE YOUR CHILDREN TO EAT HEALTHY FOOD



Encourage healthy eating habits. Be a role model



Involve your children in the process of cooking. Make healthy eating fun



Cook family meals and make it educational

WINS FOR YOUR BUSINESS



Include your children in the planning of meals



Make sure healthy snacks are available to your children



Avoid restricting food



Be aware of portion sizes



Teach healthy eating habits from a young age



Praise your child when they make a healthy food choice



Try experimenting with food



Don't forget to involve your children in decision making



Allow your children to indulge in treats sometimes



Be smart about food choices



Teach your children the benefits of healthy eating



Don't force your child to eat food they don't want to eat. This will only cause them to resist



Make time in your week to be active with your kids

The more active a parent is, the more likely their child will be active too

For more information, visit:
MakeHealthyNormal.nsw.gov.au



CAREERS REPORT

CAREERS NEWS

2019 is BUSY! The Careers and Transition team have been working hard with BHS students. There is always something happening in Careers from courses to classes to programs. We are always trying our very best to provide numerous opportunities to our students.

Term 1 Activities

- Year 10 Career classes are underway and students are engaging in Careers testing, goal setting, personality quizzes, NESA student's online activation, work readiness and University exploration.
- Ensuring our 35 TVET students are getting to TAFE, meeting course requirements and enjoying their courses.
- Provide First Aid Course- Congratulations to Luke, Nikita, Jai, Paul, Tyrese, Angus, Ivy, Kyle, Samuel, Isabella, Michael, Rohan and Bronwyn on your successful completion of the course.
- White card (Construction Safety Course)- Congratulations to Zoey, Zac, Jacob, Tyren, Darcy, Liam, Jai, James, Brodie, Aiden, Ivy, Kye, Cayleb, Samuel, Cohen, Joshua, Ben, Mason, Thomas and Ethan.
- Participating in Clean Up Australia Day- great work Luke, Zac, Kirrah, Emily, Brianee and Phebe.
- Girls TRADE workshop. BHS were lucky enough to have the SALT team deliver a full day workshop to 22 girls. The girls completed a woodwork project and learned new skills. It was great to have an ALL GIRLS workshop! Well done Jessica, Katelyn, Hannah, Lexi, Jayde, Zoey, Taylah, Taylah-Jane, Eliana, Ivy, Cassie, Grace, Carlisle, Gail, Jasmine, Sam, Lakiesha and Emily.
- Organising work experience placements and getting Year 10 work ready!
- Checking Year 11 and 12 students NESA entries.
- Preparing Year 12 for post school options - University of Newcastle school presentation. <https://www.newcastle.edu.au/> All year 12 should be aware of the different entry schemes into Newcastle Uni, especially to Subject Spotlight scheme. This scheme allows students direct entry into some courses with a high Band result in a related school subject. <https://www.newcastle.edu.au/study/undergraduate/getting-in/entry-schemes>
- UAC opens April 3rd- which means Year 12 can start the University application process for 2020. www.uac.edu.au

Please feel free to contact me Natalie.hilder@det.nsw.edu.au if you have any Careers and Transition related questions.

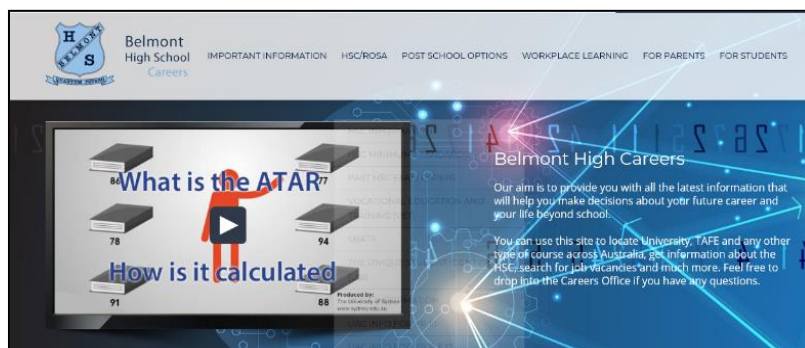
Belmont high careers website

Everything you need to know in one spot!
www.belmonthighcareers.com.au

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 outside Careers office.



RSA and RCG

Held in the school library
 8am – 3pm
 Cost - \$210 for both or RCG \$80 only
 RSA – Thursday 13th June
 RCG – Thursday 20th June

Barista course

Held at Hamilton TAFE
 9.30am – 2.30pm
 Cost - \$130
 Friday 21st June
 TAFE NSW

First Aid Course

Held in the school library
 8.30am – 3.10pm
 Cost - \$70
 Tuesday 4th June, Tuesday 27th August,
 Tuesday 19th November

Whitecard course

Held in the school library
 8.00am – 3.10pm
 Cost - \$95
 Friday 14th June, Friday 6th September,
 Friday 29th November

The USI

As part of the government's Smart and Skilled program most education courses will require you to provide a Unique Student Identifier (known as your) USI. This number will remain with you for life and it will record ALL training and qualifications.

You need to go to www.usi.gov.au to apply.

My best hints:

The Medicare card seems to work best for ID

Having trouble? Take a photo of your Medicare card and see Mrs Hilder

CINEMA PROGRAM – EVENTS CINEMAS KOTARA

Our Cinema program students have been busy working hard at Event Cinemas Kotara. Jobquest provides the program and our seven students have not missed a beat. Each student has engaged in all activities and are learning a variety of work skills from customer service to coffee making. This program is available to Year 10 students each term, so if you would like to be involved be sure to see Mrs Hilder. Congratulations to Paul, Aiden, Zac, Ethan, Lara, Claudia and Maddy on your work so far!

**School Based Traineeships - HUNTER NEW ENGLAND HEALTH**

Attention current Year 10 students!

Hunter New England Health are looking for school based trainees to start in 2020.

1. School based Trainee- NURSING
2. School Based Trainee- Health Administration (Aboriginal Identified positions).

You will be able to combine work, school and a qualifications (counts for one school subject) all while completing your HSC and possibly ATAR.

Please collect an enrolment information pack from careers office.

Year 12- Transition - 2020 and beyond

UAC applications- QUICK GUIDE <http://www.uac.edu.au>

All year 12 should have received their UAC book and information booklet. Applications are OPEN. Students will need their student number and UAC pin to apply. Students can elect 5 course preferences. SRS, EAS & ES schemes are available to apply for - please see links on UAC. These schemes allow for adjustment factors (bonus points) for ATAR scores.

UAC on time applications close September 30. \$70 to apply (late fees will apply after September 30).

Students can change preferences regularly or after they receive their ATAR. Students should accept any offer, and can receive other offers even if an offer is already accepted. Only one offer per round, if any!

YEAR 10 Annual CAREERS EXPO

Well done to BHS Year 10 who attended the Careers EXPO. 118 students travelled to the EXPO to ask questions and learn more about their future directions.

A big thank you to Year Advisers, Lance Druery and Alison Gill for their support on the day. All students behaved and had a great day.

Natalie Hilder
Careers Adviser





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 Gooze – Learning Hub Coordinator

Michael Allenby – Deputy Principal

PHONE: (02) 4945066

**OPENING HOURS****Terms 1,2 & 4**

Mon 12.30-1.30pm

Tue 3.00-4.00pm

Thu 8.15-9.15am

Term 3

Mon 12.30-1.30pm

Thu 8.15-9.15am



Blouse Junior/Senior	\$31
Skirt Junior Senior	\$45
Unisex Shorts – Reg 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
Microfibre Trackpants	\$38
Jacket	\$56
Sloppy Joe	\$30
Polar Fleece Jumper	\$15
Knit Jumper	\$65-80
Hospitality Polo	\$30

2019**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	\$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

**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.

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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

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**ARE YOU LOOKING FOR
SOMETHING**

NEW AND EXCITING?

Try Australian Army Cadets Today!

We are now recruiting for Youth between the ages of **13 and 16** to become involved with a leading Youth Development Organisation, which embraces the character, ethos and values of the Australian Army!

Australian Army Cadets is a GREAT way to make new friends and give you an insight into the Australian Army.

As a cadet, you'll learn to be confident, self-sufficient and willing to 'have a go'. It's your opportunity to discover new challenges and have some unbelievable fun. You'll also learn to lead others and work as a member of a team. You'll be able to do things for yourself and help your friends learn too. Cadet life is physical but not risky - and you won't have to be a superwoman or superman. Qualified and experienced cadet officers will instruct you. Safety is always a top priority

Become involved and get the chance to:

- Work with Australian Army Personnel
- Undertake Adventure Training activities such as camping, abseiling and boating
- Participate in Drill and Ceremonial activities including ANZAC Day Parades
- Learn First Aid
- Develop Survival, Leadership and Field Craft Skills,
- Become an important member of your local community

For more information:

- Visit www.armycadets.gov.au
- Visit one of your local units
- Call 1300 333 362