LUCAS HEIGHTS COMMUNITY SCHOOL
K-12

132 Old Illawarra Road, Barden Ridge  NSW  2234
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Phone: 9543 8317
Fax: 9541 0036

‘HEIGHTS HIGHLIGHTS’

Term 1  Volume 3  March 2013

2013
LHCS Swimming Carnival
Years 7 to 12
Tuesday 26 February 2013
**Principal's Report ....**

Tuesday, March 5 was 7 to 12 Open Night. My thanks to parents who allowed their children to assist with displays and activities or to act as student guides and ambassadors. As well as showcase the school very effectively, students who assisted on Tuesday night gained from the skills they were able to practice. I continue to be impressed with the enthusiasm shown by students at this school toward such events and this no doubt contributes to the positive feedback I have already received from parents of prospective new enrolments.

After my positive comments in my last report about the junior school swimming carnival, I was pleased to observe a very positive high school carnival last week. Actual serious competitor numbers appeared down a little but the general enthusiasm for the event was high amongst students. Ms Holden coordinated the event this year and introduced some peripheral activities to encourage student involvement.

We are currently receiving proposals from teachers at this school to implement a tablet style computer trial. You would be aware that the federal government funded computer netbook roll-out to Year 9 students concludes this year. At this stage, there is no commitment from either government or opposition parties to continue this program. If we are to continue to provide students with the level of access to technology that they currently have, we will need to address this issue. Our school funded trial of tablet style computers will assist us to determine what a reasonable future solution may look like. This is not a situation that I am comfortable to introduce as a stop-gap solution and I would prefer that any solution we introduce is supported by reasonable research. I will report more on this in the future as our trials progress.

Thank you for your support of your children’s learning.

*Kevin Haydon*

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**Uniform Shop News**

**UNIFORM NEWS FLASH**

**SOCKS HAVE ARRIVED!**

Thank you Parents and Students for your patience. Our socks have arrived.

All back orders have been filled.

Senior students can collect their sock orders from the staff in the Front Office.

If you wish to order more socks for your child, please either visit the shop, send an order via email to lhcsandc@gmail.com or collect an order form from the Front Office and send to school with your child.

Thank you for your ongoing support of the P&C Uniform Shop.

*Rebecca Embury*
Yr 12 2013 Cordially Invites You to Our

LUCAS
HEIGHTS
‘TRIVIA NIGHT’

Wednesday 10th April
7 p.m. to 9 p.m.

132 Old Illawarra Road
Barden Ridge

The event will be held in the Junior Hall.
Cost: $15 per person
Table of 8-10 people (please email the names of people to the address below)

Please R.S.V.P. by Monday 1st April to
the Lucas Heights Front Office (9543 8317) or email the school
Contact person: W. Taoube
### Science Quiz

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<table>
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<tr>
<td>1</td>
<td>What do most people do with the ova of <em>Gallus gallus domesticus</em>?</td>
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<td>2</td>
<td>If you were standing at the Equator watching a satellite in geostationary orbit in the sky, in what shaped path would it appear to move?</td>
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<td>3</td>
<td>The world’s largest butterfly, the Queen Alexandra’s birdwing, is native to which country?</td>
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<td>4</td>
<td>Beriberi is a disease caused by a deficiency of which B vitamin?</td>
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<tr>
<td>5</td>
<td>Which sweet, sticky substance produced by an insect is known to have antibacterial properties?</td>
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### Lucas Heights Trivia Night - Are You Ready to be a Champion?

On **Wednesday 10 April** we are holding a fun, family-oriented trivia night. We already have some great prizes ready so why not phone the school and be part of the fun.

We already have a high school teacher table and a primary school teacher table set up. If you are part of scouts, a sporting comp, part of a work place or even simply friends who believe in themselves and each other, ring up the school and be part of the fun.

Thank you to Head Teacher of Maths, Vin Sharkey, and school captain, Olivia Barendregt, who will be the co-hosts for the night.

Details:

- **7.00 to 9.00pm (approx.)**
- **8-10 people per table**
- **$15 per person**

Any other enquiries can be directed to **WAFA.TAOUBE@det.nsw.edu.au**

It would be great to see students and their parents. We hope to see you there!

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### James H – The ‘Mane’ Attraction at Lion’s Club Youth of the Year Competition

Bullying, mental health, motivation, representations of women and choices were topics that featured in this year’s Lions Club competition on Wednesday 27 February. Our own talented public speaker, James H, explored the way sport had transitioned away from its community roots, taken hostage by the forces of commercialisation and corruption. James was an eloquent speaker and, as one looked around the room, showed an ability to keep his audience riveted. His use of sophisticated language and perceptive arguments was evident in his impromptu and prepared responses. We are very proud of James for being a worthy participant in this competition and for representing Lucas Heights with such enthusiasm and professionalism.

I would like to thank Mr Weeber, Head Teacher of English, who attended the night with me and James’ family. We wish James all the very best in his future public speaking endeavours.

*Ms W Taoube, Year 12 Adviser*
Paul Kelly Cup

Last week Stage 3 students from our school participated in the AFL Paul Kelly Cup. This is the largest AFL primary schools competition and open to students in Grades 5 and 6. Games are played on a smaller field with modified rules allowing children who are new to the game to experience and enjoy AFL in a safe and fun environment.

While our two teams had mixed results, it was most rewarding to see the high level of participation from all players. Several parents commented on how much the students enjoyed themselves and their growth in confidence over the course of the day.

I would like to thank the many parents who assisted with transportation as well as two of our high school students, Patrick W and Connor P. Both boys were invaluable with their support such as allocating field positions and giving up numerous lunch times to help train and coach the teams. It is opportunities as these which make our school special.

Mrs Cathy Last

Student Reports:

On Tuesday 26 February some senior boys and girls went to the Paul Kelly Cup. We travelled by car. When we got there Mrs Last and Patrick W escorted us into our group while the umpires told us the rules. Next Patrick told us our position and we started our first game against Laguna Street. Unfortunately we lost.

Our second game was against Carlton South and again we lost. After that we had lunch and then we played our final game. We celebrated our day with a win, 53 to 6 against Illawong.

Riley, Connor, Alex

On 26 February a team of senior girls participated in the Paul Kelly Cup at Olds Park at Penshurst. The senior girls team was made up of Danielle E, Ella R, Jess M, Tegan W, Daniella W, Melody N, Rachel F, Samantha J, Lara C, Riahn G, Keely P, Charlotte C and Isabella C.


We lost our first game to Illawong 21-0 then we made a powerful comeback in the next game, winning 35-1 against Carlton South. In our third game it was 34-0 our way against Penshurst West. Overall it was a great day that we all enjoyed.

Daniella, Ella, Charlotte and Tegan
Last week Year 12 had their first information session on applying for University. The aim of the meeting was to begin the process of working out if University is the post school pathway for them and from there how to decide for which university/course they should aim.

Students were given a handout with some general information on things to think about. The amount of information on Universities and the courses they have available is endless. At this stage the key thing for both students and parents is to plan early and begin to gather lots of information. Getting into the University and the course that students want can be difficult but if students organize themselves early their chance of success can be greatly increased.

One of the important things that came out of the meeting was scholarship information. Parents and students interested in finding out more about scholarships should check out the websites listed below.

**Equity Scholarships** – Awarded to students experiencing financial or educational disadvantage.

**Merit-based scholarships** – these are awarded to students on a range of criteria such as:
- School examination results
- Academic excellence
- Personal achievements such as leadership, creativity, self-motivation, communication skills, an outstanding ability in sport.

You need to apply directly to individual institutions for merit-based scholarships. To find out more about these visit the websites listed below.

- **Australian Catholic University**
- **Australian Maritime College**
- **Australian National University**
- **Charles Sturt University**
- **Macquarie University**
  [www.mq.edu.au/scholarships/](http://www.mq.edu.au/scholarships/)
- **Southern Cross University**
- **University of Canberra**
  [www.canberra.edu.au/scholarships](http://www.canberra.edu.au/scholarships)
- **University of New South Wales**
  [www.scholarships.unsw.edu.au](http://www.scholarships.unsw.edu.au)
- **University of Newcastle**
- **University of Sydney**
- **University of Technology, Sydney**
  [www.uts.edu.au/study/scholarships/](http://www.uts.edu.au/study/scholarships/)
- **University of Western Sydney**
- **University of Wollongong**

**Work Experience Information**

On Monday all Year 10 students were given Work Experience information packs. All required documents and paperwork for W/E is in the pack. Parents please take the time to go through the information and if you have any questions please don’t hesitate to contact the Careers office.

At present we have two students, Jessica L and Sian F currently completing a week of work experience at Taronga Zoo. This is a great opportunity for both girls and we look forward to hearing all about it when they return next week.

Don’t forget to check out the careers website [www.lucasheightscareers.com](http://www.lucasheightscareers.com) the second edition of the careers newsletter for 2013 is available under newsletters with lots of valuable information.

**Upcoming Events**

- **Defence Force Recruiting: Army Reserve Information Session, Tuesday 12 March**
- **Defence Force Recruiting: Navy Information Session, Tuesday 19 March**
- **Defence Force Recruiting: Trades Information Session, Wednesday 20 March**
- **Defence Force Recruiting: Women in the Army Information, Thursday 21 March**
- **Defence Force Recruiting: Royal Military College Information, Monday 25 March**

Anyone interested in attending any of the above sessions please see the Careers Advisers as students must be registered to attend. All information sessions will be held at Defence Force recruiting, Level 4, 9 George St Parramatta.

**Discover Engineering Day-ANSTO**

- **Tuesday 26 March from 9.00am-2.30pm**

Any students in Years 10 & 11 who are interested in Engineering as a career choice and also those who want to know what Engineering is all about have the opportunity to attend a full day excursion to ANSTO. Places are limited so students must register their interest with the Careers Advisers before.

**Institute of Chartered Accountants Cadetship Information Evening**

- **Wednesday 15 May from 4.30pm, Sydney Convention Centre**

This is an excellent opportunity for Year 12 students interested in information on cadetships and recruitment processes.
1. Most people eat the ova of *Gallus gallus* domesticus – they’re chicken eggs.

2. A satellite in geostationary orbit wouldn’t appear to move at all when viewed from the Equator.

3. The Queen Alexandra’s birdwing is native to Papua New Guinea.

4. Beriberi is a disease caused by a deficiency in vitamin B1, also known as thiamin.

5. Honey is known to have antibacterial properties. Recent research has shown that *manuka* honey, native to New Zealand, is the most effective at inhibiting bacterial growth.

**Quiz answers**

**Meet the Business Leader**

**Tuesday 30 July from 4.30pm, Institute of Chartered Accountants**

This event will provide Year 10 and 11 students the opportunity to meet young professionals from a variety of business roles to gain a better insight into the business profession.

**“Big Day In” for HIGH SCHOOL Students - 13 June @ University of Technology, Sydney**

Big Day In is an IT careers conference with a difference - it’s organised, run and hosted by students for students. If you are interested in a career in IT or would just like to know a little more about the IT industry then this is the day for you. **Cost:** $10 per head, **Time** 9.30am-3.00pm

*Mrs Eagles and Ms Smith*

Careers Advisers
P&C Meetings 2012

The P&C meets in the Staff common Room (next to the Library) on the first Wednesday of each month during school terms. **Our next meeting is on Wednesday 3 April 2013.**

Doors open at 7.15 for a 7.30pm start. We finish between 9.00 and 9.30pm. Tea/coffee/supper is provided.

A detailed survey note was sent to all K-12 parents for their comments on LHCS taking over the running of the Uniform Shop/Stationary packs. **Thank you to the 53 families who took the time to reply.** Results as follows:-

1 family wants all stock to be sold to Bangor Uniform Shop
2 families couldn’t give valid opinion as they are new to the school
2 families want 2 people employed to run the shop
3 families don’t care or are not worried
45 families support the proposal as good/excellent idea

- Happy profits remain with LHCS
- Proposal is logical
- Realise it is too much for committee volunteers
- Makes sense as existing LHCS staff can run it with some volunteer helpers
- As long as price structure remains in place to ensure we are still cheaper than shopping elsewhere.

Best option for all concerned
P&C voted unanimously in favour last night for LHCS to take over the management of the Uniform shop. The committee will now hold meetings with LHCS on transition plan which will be discussed at a later P&C meeting.

I would like to thank Mr Haydon, Mr Redmond, Mrs Carolyn Lakiss and the LHCS office staff for all their support during 2012. I would also like to acknowledge the wonderful P&C committee that I have had the pleasure of working with over the past twelve months. You have all done an amazing job and your efforts are appreciated.

**P&C 2012 Committee Members (standing down)**

President: Susan Ring
Vice-President 1: Karen Hodgson
Vice-President 2: Parrish Hull
Secretary: Julie O'Keeffe
Treasurer: Cherine Newman
(stepping in for Lisa)
Uniform Shop Manager: Rebecca Embury
Uniform Shop Asst Manager: Tania Petrou
Uniform Shop Asst Treasurer: Kristy Fletcher

**P&C 2013 Committee Members as per AGM 6 March**

President: Rod Chin
Vice-President 1: Parrish Hull
Vice-President 2: Lyndal Townsend
Secretary: Tania Petrou
Treasurer: Cherine Newman
Uniform Shop Mgr (during transition): Rebecca Embury
Uniform Shop Asst(during transition): Tania Petrou
Uniform Shop Asst Treasurer(transition): Rebecca Embury
Mother’s/Father’s Day: Susan Ring & Rose Whelan
Interrelate Coordinator: Julie O’Keeffe
Sunscreen Coordinator: Karen Hodgson
Cards & Calendars Coordinator: Rachael Jones
Second-hand Clothing Coordinator: Annette Lehane
Education Week Coordinator: Jackie Chin
Bunnings BBQ Coordinator: Position vacant

If you need to contact a member of the P&C Committee, you can leave a message with the Front Office or email your query to: **lhcsandc@gmail.com**

**P&C Meeting Minutes**

If you would like to be kept up-to-date with a copy of the Meeting Minutes you can have them emailed to you (send email request to lhcsandc@gmail.com attention to P&C Secretary and your email address will be added), or you can collect a hard copy from the Front Office or Uniform Shop.
Bedwetting is common in children and causes anxiety around the time of school camps.

At the Bedwetting Institute we have designed an effective program that addresses the causes of bedwetting and offer a practical and achievable method of curing the problem.

A new DVD based program, Bedwetting Cured, has been developed by Dr Mark Condon, and Physiotherapist, Margaret O'Donovan. It outlines a successful program for parents to implement at home with their children.

For more information and a free Bedwetting Fact Sheet please visit the website: www.bedwettinginstitute.com.au or phone 1300 135 796

Bedwetting Institute of Australia
Phone: 1300 135 796
Fax: 02 8210 5125

Bright Star Kids Labels-How to order

Lucas Heights Community School now has signed up with Bright Star Kids Labels. If you wish to purchase stick on labels or iron on labels they cater for all your children’s clothing, school and sport items. They have great prices and easy to use web site with fast delivery. Please use the link http://fdr709.brightstarkids.com.au and for every sale Lucas Heights will earn a commission. I was very impressed I received my order of iron labels within 2 days!

Uniform Shop News

Please refer to the updated price lists and order forms when purchasing your uniforms. These can be found in the Front Office or by visiting the school website at www.lucasheigh-h.schools.nsw.edu.au

Our prices continue to remain competitive, and all profits from shop sales directly benefit your children through resources purchased for the school.

Thank you to all our wonderful volunteers who give their time to help others.

If you have any free time weekly, monthly or anytime at all, and would like to help us in the shop, please leave your details at the Front Office or drop them into the shop during opening times. Its fun, it’s easy and it’s a great way to meet new people.

Remember if you are too busy to visit us during our opening times, you can also leave your order and payment at the Front Office, or email it through to us at lhcspsandc@gmail.com

Donations of 2nd Hand Uniform items

If you have clean good quality current uniform items for donation then please send them to the uniform shop or leave at the front office.

Susan Ring, Retiring President, LHCS P&C

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