EASTER HAT PARADE
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
http://www.lucasheigh-h.schools.nsw.edu.au/
Contact person: W. Taoube
Principal’s Report ….

I had hoped to be able to report only positive events this newsletter but have spent much of the last two days since the Easter break directing our response process to a breach of security which occurred over Easter. I am not a believer in keeping these sort of events quiet, instead preferring to raise awareness so we can all act to reduce the incidence of them. Sometime over Easter the school was attacked and some 127 windows were badly scratched with graffiti tags and obscenities.

I have this morning spoken on assembly about this incident and believe that certainly most students share my disgust. I talked about waste of public funds now being directed toward repairs and I talked about how such an event and the subsequent image it presents can impact on school pride. From experience however I say that whilst some students have already come forward with information, some others may still be reluctant to speak up. We are moving swiftly to have the damage repaired and will continue to do so. To reduce the frequency of this sort of occurrence however we need attitudes to change and there still appears to be an acceptance amongst some students of tagging as being reasonable behaviour.

We need parents to also discuss this issue with children or to talk about it in front of children to make your attitudes known to them. I am confident all parents will share my disgust at this event. It is only when those who do know something about it come forward with information that the culprits will be held accountable. Perhaps with some additional pressure from parents, some children’s attitudes may change and they may be prompted to come forward with information. If there are young people in our community responsible for this vandalism, the sooner they are caught and held accountable, the sooner they may cease this activity and avoid more serious consequences in future.

We have not yet filled the high school TAS position with a permanent teacher but expect to be able to do so in the near future. In the meantime, Mr Lazzaro continues to fill this position on a temporary basis. The HSIE permanent position has been filled by Mr Dixon, who despite his already significant time at this school was not yet a permanent appointment. We are very pleased with his success and we congratulate him on his permanency.

I trust you are looking forward to the autumn school break next week and that you will enjoy having your children at home and thank you for your support of your children’s learning.

Kevin Haydon

Published Photographs

Parents are reminded that if they do not wish to have their child’s photo in the newsletter / website or any other school publication, contact must be made with the office.

Bruce Redman, Deputy Principal

Change of Details

Could you please let us know if you have recently changed your email, address or telephone number, including your work number.

Please also let us know if you are not receiving any emails as we may not have yours on file.

Thank you.
**Lucas Heights student helps break 35 year rowing drought.**

Nicholas H (Year 12) recently competed in the National Rowing Titles at Penrith rowing for St. George Rowing Club. Nicholas won silver in the Men’s U21 Quad Scull.

It had been 35 years since a St George Rowing Club crew had won a National Rowing Championship medal in a four or quad-scull. This drought was broken at the National Rowing Championships last week at Penrith when the St.George Men’s Under 21 Quad Scull crew of James (18), Ben (18), Nicholas (17) and Kurt (18) won silver for coming second, one boat length behind Banks Rowing Club from Victoria over the 2000m International Regatta Course. “This result was fantastic for the boys who raced well above their age. Their hard training over many months definitely paid off. These boys have trained 6 to 7 times a week either in the gym or in a boat on the Georges River, usually rowing up to 20 kilometers each session” says club Captain Steve Harrison.

Congratulations Nicholas.

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### Uniform Shop Hours

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<td>Monday</td>
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**NAPLAN**

Details of NAPLAN testing for Years 3, 5, 7 and 9 are now on the LHCS website.
In the Careers office it never slows down and Term 1 is no exception. We have had ANSTO’s Discover Engineering Day, General Induction White Card training, Notre Dame University visit, Commonwealth Bank “StartSmart” student program, numerous year group information meetings and Work Experience preparation for Year 10 well and truly underway.

What’s next you ask? Term 2 sees even more opportunities for students to undertake and it begins as early as the first week back. We begin Term 2 with the Sutherland Shire University Information Day – Thursday 2 May (Week 1, Term 2)

So why bother with an Open Day/Expo if you can research everything online?

Careers Expos and Open Days are a great way to find out about different careers and courses. At a Careers Expo you will have the opportunity to talk to representatives from tertiary institutions, student support services and a range of employers about further education and training and career options. It’s one of the best ways to work out what you actually want to do.

The Sutherland Shire University Day is organised by all the local schools in the shire allowing local students the opportunity to gather information from all the major University and private colleges without having to travel. Students have the opportunity to explore what’s available, talk to representatives and then begin to develop an idea of what facilities they may wish to look into further.

The expo is free to LHCS students so if you are thinking at all about University you need to come along.

Don’t forget to go to www.lucasheightscareers.com and check out the second edition of the March newsletter. This month there is some great information on Career paths in Event Management, Bricklaying and in the Disability and Community care sector. Also remember to check your emails as I have emailed information relative to each year group.

Upcoming Events

University of Notre Dame – School based talks

Tuesday 9 April, period 2

A representative from the University will be at school to talk about the University of Notre Dame. The more information students have on all the universities the better equipped they are at choosing. All Year 11 and 12 students are encouraged to attend.

Charles Sturt University – “MyDay in Communication and Sports Journalism”

Monday 15 April, 10.00am to 2.00pm, Bathurst Campus

For students interested in studying Advertising, Commercial Radio, Journalism, Public Relations, Sports Journalism and Theatre Media. For more information go to www.csu.edu.au/contacts/myday or see the flyer in the careers office window.

Defence Force Recruiting – Women in the Army

Wednesday 17 April, 6.30pm, Level 4, 9 George St, Parramatta

A specific information session for women interested in the defence force. If you are interested in attending please email cptnsw@dfr.com.au

Sutherland Shire University Information Day

Thursday 2 May, Sutherland Entertainment Centre

All the Universities in Sydney, Wollongong and most of those in Sydney will be at the Sutherland Shire Entertainment Centre. TAFE and many private business colleges will also be at the event. The perfect opportunity to find out about course information, scholarships, early and alternative programs. A bus will pick up and return students to and from school. Parents are welcome to meet students at the venue and attend.

For information and permission notes please see either Ms Smith or Mrs Eagles.

Defence Force - School based talks

Friday 3 May, 9.30am to 10.30am

Any students in Years 9 to 12 who are interested in finding out more about a Career with the Defence Force are invited to attend. Please make sure you register your interest with the Careers Adviser before the date.

Mrs Eagles and Ms Smith
Careers Advisers
Band Uniform

The Band uniform is available for purchase at the Uniform Shop -

Pants $30 and shirt $35

Allow up to two weeks for delivery. Alternative suppliers are Target or Big W.

All Senior Band members must have their Band uniform by 1 June as they will be competing in the Bandfest Competition.

Ms Turner

SOIREE

A Musical Concert will be held on Thursday, 4 April from 6.30 pm to approximately 7.30 pm in the Performance Space.

All welcome.

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, Mr Vin Sharkey and school captain, Olivia B, 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!

Year 12 2013
Bullying in Australian schools is a huge concern for teachers, parents and students. While schools are promoted as a safe place for children and anti-bullying policies are in place, there is a gap in linking parents and school professionals to work together in understanding and providing early intervention.

This workshop will assist parents in identifying bullying, the different forms of bullying and what proactive strategies can be implemented.

Without appropriate support and intervention, bullying can have lifelong negative consequences for the child and their family.

**Date:** Wednesday 29 May, 2013  
**Time:** 6.00pm-9.00pm  
**Venue:** Learning Links Penshurst  
10 Railway Parade, Penshurst NSW 2222  
**Cost:** FREE*  
**Suitable for:** Parents and Carers ONLY

For enquiries and bookings please phone Dana on 8568 8200

*This workshop is funded by the Department of Education and Communities.*
Australia's First
Coloured Commemorative Coin!
LIMITED EDITION

For a $10 donation
the $2 Poppy Coin will come with a Certificate of Donation

Australia’s first commemorative $2 coin in colour has been unveiled by the RSL and the Royal Australian Mint. A unique Australian legal tender, this ground breaking $2 coin is simply an outstanding keepsake for every Australian.

The coin depicts the red Flanders Poppy, which is synonymous with Remembrance Day and the sacrifices made by Australians in conflict.

All funds raised go to support our vital RSL programs helping thousands of Veterans’ and serving Defence personnel and their families in homes and communities across Australia.

Available from the RSL National Office at Level 3, 65 Constitution Avenue CAMPBELL ACT

Phone orders can also be made through the National Office at 02 6248 7199.

Please note there will be a minimum postal charge of $5 per coin.

www.rsl.org.au
**Prevent Falls from Balconies**

- Ensure balcony railings meet current safety standards. They should also:
  - Be at least one metre high and preferably more than 1.3 metres high
  - Have no gaps that a child could fit through (ideally gaps should be no wider than between 9cm - 12.5cm)
  - Have no parts that a child can use as a foothold to climb onto or over the balustrade
- Keep objects that a child can climb or stand on, like furniture and pot plants, away from the balcony edge
- Don't put lightweight furniture anywhere on the balcony - children can drag it to the edge
- Ensure that doors and windows that open onto the balcony are locked when the balcony is not in use.

Be aware of hazardous balconies when visiting other homes, and closely supervise your child.

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**Prevent Falls from Windows**

**Falls are the most common cause of injuries in children.**

Each year around 8,000 children are taken to hospital because of a fall, including approximately 50 who have fallen from a window or balcony.

For a small number of children, this fall will be fatal.

It's up to us to make sure they are not at risk. You can follow these simple, straightforward steps:

- Ensure windows cannot be opened more than 9-10cm except by an adult, OR
- Another option is to securely fix window guards, that have a set of locks each spaced less than 9-10cm apart, over the window opening.
- Remember that flyscreens give no protection - they are only designed to keep insects out and are never strong enough to hold a child in.
- Keep objects that a child can climb or stand on away from windows, including furniture such as beds, cupboards and fixtures like bathtubs and benchtops.
- Be aware of hazardous windows when visiting other homes, and closely supervise your child.
- Children can be badly cut by running into glass in low windows - low windows should have safety glass installed or be covered with a shatter resistant film.

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Always supervise your child closely.

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We all know children can be curious and can get into dangerous situations without realising it.
WEP Student Exchange – Memories & Skills For Life—Applications Closing Soon

Have the time of your life when you spend a summer, semester or year overseas as a WEP exchange student. Choose from over 20 countries around the world to complement your secondary studies with an international, cultural exchange experience. You will be invited by a welcoming, volunteer host family to live and learn like a local teenager, attend school overseas, make new friends and return more mature, independent, goal-oriented and with a new outlook on life!

Don't Miss Out! Applications Closing Soon!

Applications for long-term programs starting in August/September 2013 to Belgium, Canada, China, France, Germany, Italy, the Netherlands, Poland, Spain and the USA are starting to close in mid-April. Contact WEP for details.

Scholarships & Early Bird Specials

WEP is offering over 20 scholarships towards semester and year programs to Argentina and China in 2014! Early Bird discounts for programs starting in January 2014 are also available.

Find Out More!

Request an information pack, including WEP’s FREE application form.
Visit www.wep.org.au
Call 1300 884 733
Email info@wep.org.au

Leading Light

Congratulations and good luck
Riley T (Year 5).
Riley has earned a position in the initial Training Squad of the Sydney East PSSA 2013 Australian Football Trials.
'Am I old?' is the question I ask myself – a recent revelation

Amidst the Easter hats, chocolate eggs and religious significance of Easter, I had the privilege of turning 40 yrs OLD. People can be a wealth of knowledge at this time – some say it’s the new 30, to others life begins, or even mid-life-crisis and Harley Davidson begs a visit.

I have noticed something over recent days and it has to do with being a parent at Lucas Heights. Paying attention to school parents has been priority of late and it was brought to my attention just how wide a range of parent generation exists at LHCS. Our K-12 school has a fairly unique public school position of hosting families in completely different generations and life stages. With this comes differing attitudes, outlooks and priorities for our kids. What’s this got to do with P&C? ... During our latest P&C meeting I think I saw the beauty of that diversity.

- New school parents alongside Veteran school parents
- New stories of older student interactions inspiring younger peers
- The wisdom of school yard years encouraging newer parents
- Constructive and positive discussions surrounding uniforms, school photos, playgrounds
- Insights from Kevin Haydon & Carolyn Lakiss on life as a school exec
- Even new toys for the playground (thanks to lots of Earn & Learn Woolworths stickers from 2012)

SO practically: 1st MAY is our next P&C meeting (1st Wed of Term2). It is held in the Staff Common Room (next to Library). 7.30pm start. Please come and share some stories.

Mother’s Day Stall – Susan Ring & Rose Whelan need approximate quantities to order gifts by Fri 12th April, the last day of Term. The stall is on Mon 6th May. If you’d like to join a fun day and help at the stall please email your interest.

Uniform Shop & Bright Star Kids Labels
Remember our prices remain competitive, and all shop sales benefit your children with school resources. Price lists and order forms are at the Front Office or www.lucasheigh-h.schools.nsw.edu.au
Thanks again to our amazing volunteers (notably Bec Embury), sharing their time. Also if you are just too busy during shop hours, email orders through to us at ihcspandc@gmail.com
Bright Star Kids Stick on or iron on labels, for all your children’s clothing, school and sport items, continues to earn a commission for Lucas Heights. For details visit http://hdr709.brightstarkids.com.au

Cheers
Rod Chin  P&C President

Ps... I have decided 40 is all good. Have an amazing holiday break...

Positive – Productive – and maybe a bit of Fun