LUCAS HEIGHTS COMMUNITY SCHOOL
K-12

132 Old Illawarra Road, Barden Ridge NSW 2234
Email: lucasheigh-h.school@det.nsw.edu.au

Phone: 9543 8317
Fax: 9541 0036

‘HEIGHTS HIGHLIGHTS’

Term 4  Volume 15  October 2014

10AM - 3PM

Lucas Heights Carnival

Saturday 18th October
Rides * Entertainment
Stalls * Kindi Farm * Face Painting
Displays & Much More!
Principal’s Report

We have chosen the four students who will attend the Centenary Gallipoli Tour next year and when we are cleared to do so, we will announce them publically.

This Saturday, October 18, is our Community Carnival and preparations are in full swing to make it an enjoyable and successful event. Parents, Lyndal Townsend and Tania Petrov, have both contributed a huge amount of time, effort and skill in preparing for this event and we owe them our thanks. Another parent, Madhu Sammy-Drummond, has also made a really strong contribution to the way we look by taking ownership of the gardens at the front of the school. Madhu has spent many hours tending to the bottle brush shrubs and fertilizing and mulching this area. Thank you to Madhu and I really appreciate her efforts.

If you haven’t already made plans to attend on Saturday please do so understanding that the more attendees we have, the more willing our event sponsors will be to join up again in two years’ time. The carnival opens from 10:00am through until 3.00pm and I hope to see as many parents, relatives and students as possible.

During the holidays, on Monday September 22, I attended a presentation ceremony at NSW Parliament House to observe Year 12 student and School Captain, Lacinda Fisk be presented with Highly distinguished award by the retiring NSW Governor, Marie Bashir. Lacinda has been an outstanding ambassador for our school during the whole time she spent as a student here. We wish her well in her HSC exams.

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

Kevin Haydon

C O S B T R

Creative Arts

As part of the Community of Schools Between the Rivers (COSBTR) initiatives for 2014 our schools are cooperatively running a series of exciting workshops to cater for Gifted and Talented students in Stages 1 and 2 (years 1 -4). Workshops are being developed and run by some of the very talented teachers that work within our eight schools. In Term 4 workshops are being held for students who show above average curiosity and ability in creative arts. Creative Arts workshops for Stage 1 students will occur on Monday 20 October 2014 and Tuesday 21 October 2014. Lucas Heights Community School will be the location for this exciting art based initiative. Three students from each primary school from each stage will be selected for participation.
Leading Lights

A couple of months ago, I entered a short story to the Sydney Youth writing competition and just very lately I heard that I am a finalist in this comp and I will attend a presentation at parliament house on the 25 November. Thankyou Mrs Last for giving us an opportunity for this achievement. Along with four other girls on the night. Mia KL

A couple of months ago I wrote a short story and a play for the 2014 Sydney Youth Writing competition. My short story was called “Drop” and my play was called “The Wind Witch”. Unfortunately that didn’t make it in for the short story but I was selected as a finalist for my play. We got the news from Mrs Last in her room. The other 4 finalists were Mia K, Mia A, Jessica W and Olivia M. We were all so excited when we found out the news. Now on the 25th November all five of us get to go to Parliament House for the awards presentation. We are also given the amazing honour of having our work published in a book. Aylexis I

A few months ago a few others and myself entered the Sydney Youth writing competition. You could enter a short story, plays or scripts, poetry or free choice. I chose to write a short story titled “The Crystal Eyes”. There were over 3000 entries and I was one of the finalists along with 4 others from our school. We were then invited to visit Parliament House for an awards ceremony. We also all have the honour of having our work published in a book. Mia A

A few months ago I wrote a short story for the 2014 Sydney Youth Writing Competition. I was informed that 4 year 5’s and I are finalists and that we have to go to Parliament house on the 25th November. Last year I was also a finalist and I received highly commended. The words you had to use in your story/play/poem were wind, drop, keep. I am very excited to go to Parliament house again. Olivia M

A couple of months ago, I wrote a short story and entered it into the 2014 Sydney Youth Writing Competition. I was just recently told that I was chosen as a finalist in the competition along with four other girls from my school. On the 25th November we are all going to Parliament House for the awards ceremony, which I’m nervous but excited for. Jessica W

Leading Lights

Monique R (1B) has been nominated by Illawong Little Athletics as a finalist for ‘Rookie of the Year” at the Menai District Sports awards. Monique received 2 Gold medals and 1 Bronze medal at the Zone Athletics:
Gold—Long Jump
Gold—Shot Put
Bronze 500 metres
We wish Monique the best of luck at the awards ceremony which will be held at Club Menai on Saturday 18 October.
All day rides $30 pre purchased, $35 on the day

Thank you to our sponsors for your support

Platinum Sponsor

Vickie Fisher
Ray White
Menai

Gold Sponsors

* CAFE * REPTILE SHOW
* SCIENCE DISPLAY
* DESIGN DISPLAY *BBQ
* REMOTE CONTROL CARS
Join us at the Lucas Heights Community Carnival

Science Fair
Saturday 18th October from 11-12 pm

Presentations

Experiments

Displays
NRMA Road Safety Day

Science and Road Safety together? On Tuesday 14 October students from K-6 were given the opportunity to learn about road safety in an interesting and unique way. Through a program provided by NRMA Motoring Services, students learnt a number of things about road safety. They also learnt that the passenger of a car plays a significant role in travel safety by ensuring they don’t distract the driver when travelling. They also learnt some important things about safety equipment and why it needs to be worn correctly not only in cars but also on bikes and scooters. In the car they were taught to ensure their seatbelt goes over the shoulder and does not cut across the neck. On bikes and scooters they were taught to wear a helmet that fits properly and to ensure the straps are done up tightly to protect their heads in a fall. They were introduced to a new concept “in-attentional blindness”. This is when the brain is focussing all its attention upon one specific activity resulting in the person not being aware of other things going on around them. To avoid this, students were encouraged to put away their phones and iPads when using the roads in order to avoid causing or being involved in road accidents.

Students were encouraged to dress up in traffic light colours for the day. Thanks also to the parents who attended the workshops.

Here are some comments made by the students:

“I learnt about friction and how it plays a big part in driving cars”. Cameron O

“The highlight of the event was learning about road safety and science at the same time”. Ben B

I learnt about in-attentive blindness and how dangerous it can be”. Bailey D

I learnt the correct way to wear a seatbelt in the car.”. Olivia M

I thought the hovercraft was fun and cool as it showed how friction worked on cars driving on wet and dry roads”. Ella O
**Excursions and Events**

Please be aware that **late payments for excursions and events will no longer be accepted**, except in exceptional circumstances. This requirement for prompt payment is the result of system constraints and the need to finalise payments with venues, visiting performers, artists and instructors prior to the event.

If payments haven’t been made by the due date, your child/ren will not be able to attend and the event may need to be cancelled due to lack of numbers to cover the costs involved.

If you have prior knowledge that your child/ren will be unable to attend an excursion or event, please inform the organising teacher.

Should you be experiencing financial difficulties, please contact Mrs Lakiss (Primary) or Mr Redman (High) to confidentially discuss possible assistance.

Excursion and event information can be found on the school’s website, check this regularly to ensure that you are kept up-to-date, especially if your child/ren have been absent for an extended period of time.

---

**Copies of Notes**

Please be aware that the office will no longer be holding extra copies of notes. All current notes for excursions, incursions and sport etc are on the website under ‘Excursions /Events/Videos’ and also the ‘Calendar’.

---

**Uniform Shop News**

The uniform shop will be closed both morning and afternoon on Friday 17 October due to Carnival preparations. We apologise for any inconvenience.

Stationery packs are available to buy or order this term. Notes will be sent home this week or download the order form from the LHCS website. Buy now to ensure you don’t miss out!
Last term was an extremely busy term for students in all subject areas including Careers. Students from Lucas heights have had visits from Universities, attended TAFE information seminars, had information visits from Employment group training companies, participated in the Taronga Zoo “meet-a-keeper” day as well as engage in Careers lessons designed to prepare them to plan for their future.

For students in **year 12** the school journey is almost over and planning for the future is eminent. Maybe you have a career path in mind or perhaps you are a still a little unsure of which direction you want to take. Whichever option you choose there is lots of help to assist you with your journey. Our school website is very informative as well as some of the additional websites listed below.

- [www.jobjump.com.au](http://www.jobjump.com.au): website that can help you make careers decisions, plan your careers pathways and manage work transitions
- [www.myfuture.edu.au](http://www.myfuture.edu.au): website that can help you make careers decisions, plan your careers pathways and manage work transitions
- [www.uac.edu.au](http://www.uac.edu.au): for information on universities and courses in NSW and ACT and university application and admission procedures
- [www.tafensw.edu.au](http://www.tafensw.edu.au): for information on TAFE Courses and campuses
- [www.sit.nsw.edu.au](http://www.sit.nsw.edu.au): for information on the Sydney Institute of TAFE which includes campuses at Ultimo, Petersham, Enmore, Randwick, St George, Gymea and Loftus Colleges of TAFE
- [www.acpet.edu.au](http://www.acpet.edu.au): for information on Private Courses and Colleges
- [www.jobsearch.gov.au](http://www.jobsearch.gov.au): a government website that has a number of jobs for school leavers under the heading “Australian Apprenticeships”

Be mindful of the following:

- Career development is a lifelong journey
- The world of work is always changing
- Having a “job for life” is less common

You will have a number of opportunities to change jobs, learn new skills and gain new experiences throughout your career.

**Year 10: Mock Interview Day**

On **Thursday 13th November**, all year 10 students will participate in a practice or Mock Interview Day. The aim of this day is to give students valuable practice at formal interviews and better prepare them for successful entry to the workforce.

At this event **Students** apply for jobs with a fictitious company, attend an interview and present their prepared resume as part of the Career Education Program. **Students** will be interviewed by members of the school community and receive feedback on the day. Interviewers come from many backgrounds, including industry, recruitment, service clubs, government agencies and careers advisers from local schools. They will interview students on their chosen job advertisement, give some feedback if there is time and submit an individual evaluation sheets on all students.

Our career program will then attempt to further address any common issues in interview technique which students display and we will assist individual students to work on areas of concern.

Interview preparation not only assists students wanting fulltime or part-time employment it also assists the many students applying for scholarships, cadetships or early entry pathways into university. Participation in this program attempts to show students both what to expect at an interview and what they made need to add to better prepare their resume and themselves for future experiences.

Mrs Eagles and Ms Smith
Careers Advisers
Persistence and preparation are the keys to job hunting success

Many jobs are filled before they are advertised. So it makes sense to use a range of different job searching techniques to increase your chances of gaining employment.

One technique that can be used to contact the employment offices, firms employing or job seekers approaching them is to leave them time and money in advertising and recruitment campaigns. Employers directly advertise that they are present and available.

These are qualities highly regarded by employers.

**Approaching employers face to face**

Do not approach employers to "cold call". This means approaching an employer at their workplace about the possibility of work by you. This approach applies only to those employers who are actively seeking employees. The advantage of this approach is that you can negotiate an interview and an opportunity to meet the employer.

The second option is to speak to the person responsible for staffing or recruitment. The interview can be scheduled or arranged in the employer's workplace. This option is only appropriate where you are interested in a specific employer and not in general employment.

**Planning your job interview**

Another way to go about looking for work is to do what is called "cold calling". This makes picking a business that has no advertised job over if there are any jobs available.

There are a number of things you can do before, during and after the phone call to make it a successful experience.

**Skillssroad.com.au** your career journey starts here

**APPLYING FOR A JOB**

**Cover letter**

A cover letter is a short page, detailed letter that should accompany any resume or application documents that you send to a prospective employer. It is your cover letter that actually creates the first impression, and it’s generally the first document that your future employer will read.

Your cover letter may make the difference between obtaining a job interview and having your resume ignored. It should grab the interviewer’s attention and point out why you, above all applicants, should be considered and invited to an interview.

**Resume**

Your resume must be well-written and well-designed. It should include all the relevant information about your education, work experience, and qualifications. It should also be free of errors and easy to read.

**Our resume builder is designed specifically for students.**

Our Skillssroad Resume Builder is especially designed for students. It will help you create a resume that is both professional and effective. The resume builder will walk you through the process of building your resume, and provide suggestions for tailoring it to your specific needs.

**Surviving the job interview**

It all in the preparation.

Preparation can make the difference between landing the job of your dreams and being rejected. Job interviewing can be very daunting and nerve-wracking experience. There are a few things you can do to prepare yourself for the interview, but make it a successful experience as well.

**Need more help?**

See the Skillssroad Career Guide at Skillssroad.com.au

**COMPLETE YEAR 10**

**Sutherland - Lakewood Sister City Student Exchange Program 2015/2016**

**Are you in Year 9 this year?**

Do you go to school and live in the Sutherland Shire?

**Would you enjoy spending six months living and going to school in the USA?**

If you answered ‘yes’ to any of these questions then come along to our information night and hear how you can experience camping and skiing weekends in the Rocky Mountains, trips to the Grand Canyon, Las Vegas, Los Angeles, Disneyland, and lots more! The information night is held at Council Chambers, 4-20 Ethel Street, Sutherland at 7pm on 26 October and 25 November.

For more information, phone Lynne on 9543 3905 or visit www.sutherlandshire.nsw.gov.au.
Heart Arts Dance

iMove School Dance Program

The iMove School Dance Program is an extra-curricular arts activity offered to primary aged students to develop their dance technique in a fun learning environment.

What is iMove?
iMove is a low cost, combination dance class where students learn Modern/Lyrical, Jazz, Hip-Hop and Contemporary dance technique and routines, as well as fun dance games.

COST: $10 PER CLASS

Where and What Time?
The iMove School Dance Program operates from your school as a one hour after school dance class.
Students are fully supervised throughout the class until collection by a carer.

iMove Dance Classes begin at the end of the school day after the bell. Class Time and Day will be advised upon EXPRESSION OF INTEREST numbers.

**PLEASE EMAIL THE BELOW EMAIL FOR EXPRESSION OF INTEREST/PLACEMENT IN THE DANCE PROGRAM.
www.heartartsdance.com

Katelyn Boswell (Teacher and Principal)
B. Arts (Dance)/ B. Education (Hons) UNSW
N.S.W Department of Education and Training
Qualified Dance and Drama Teacher
www.heartartsdance.com
heart-arts@hotmail.com
0415839030

Sutherland Swimming School

Est. 1959

- Small classes with a structured program catering for 4-12 year olds
- Relaxing, private garden setting
- Enjoyable for parents and children
- 3 heated pools designed for learn to swim
- All staff are qualified teachers and experienced swimming instructors
- Season commences Term 4
- Classes available during Christmas school holidays

RING NOW FOR FURTHER INFORMATION AND BOOKINGS
Ph: 9545 1581
9:30 - 12:00pm, 2:00 - 5:00pm

Manager:
D. Rice (Dip. Teach. B.Ps)
S. McCarthy (Dip. Teach)

30 Sunbury Street, Sutherland
www.sutherlandswimmingschool.com

School Formal Discounts Available

Shop 1, Ground Floor
Building Q, Menai Central
5-21 Carter Rd,
MENAI NSW 2238
Ph: (02) 9543-0182

www.idobridesgroomsformals.com.au

I do...

Brides, Grooms & Formals
Information about applying for Year 7 entry to selective high schools in 2016

Thinking of applying for a government selective high school for Year 7 entry in 2016?

You must apply online at www.schools.nsw.edu.au/shsplacement

Key dates
Tuesday 14 October 2014
Application website opens

Monday 17 November 2014
Application website closes

Thursday 26 February 2015
Test centre advice

Thursday 12 March 2015
Selective High School Placement Test

Early July 2015
Outcome advice

Please read this booklet carefully before applying.
There is more information at: www.schools.nsw.edu.au/shsplacement

The selective high school placement process for Year 7 entry is administered by the High Performing Students Unit.

Contact details
High Performing Students Unit
NSW Department of Education and Communities
Email: ssu@det.nsw.edu.au  Telephone: 1300 880 367  Fax: 02 9266 8435
Postal address: Locked Bag 53, DARLINGHURST NSW 1300