Lucas Heights Community School wishes you a Merry Christmas and a Safe and Happy New Year.
Principal’s Report

Our annual Presentation Night last night again ran with the precision we have come to expect, due to the leadership provided by Mr Peters and his team of teachers and students who partner to produce an event of which we can all be proud. The student performances, the audio-visual presentation and the look of delight on students’ faces as they received awards all together made it a marvellous event. I have the advantage of seeing what goes on behind stage and what I find most impressive is the way students take charge of the roles they are assigned and the consequent learning and skills development that goes with such enthusiasm. Thanks again to the teachers, students and also parents who facilitate their children’s involvement.

Last night I was also able to announce that we were successful in gaining a state government grant to erect two cricket practice nets adjacent to our school playing fields. Melanie Gibbons, State MP for Menai, called yesterday to advise of our success and said that her grants committee was particularly pleased with the way we partnered with Barden Ridge Cricket Club to lodge the grants request. We will of course have exclusive use of the nets during school hours and I expect to be able to provide community access to the facility outside of school hours. These cricket nets will further add to an impressive sports facility from small beginnings a few years ago. I have previously made my view clear that the more community groups that use our school facilities, the more this promotes pride and ownership and subsequent reduction in anti-social activities. This is already proving to be the case with a significant reduction in out-of-hours vandalism since we commenced works on our playing fields.

2014 has been another successful year at this school with many new initiatives, events and results. We laid the foundation this term for a very successful biannual event with our community carnival; another example of parents partnering with teachers to create something impressive.

I hope you are looking forward to an enjoyable and restful summer break and I wish you a safe and happy Christmas and a prosperous new year.

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

Kevin Haydon
Principal

LHCS Student Representative Council 2015
Leading Lights

During the year Thomas and Jessica Y qualified for the GKR Karate Australian/NZ National Championship which was held at the Gold Coast on the 23 November. There were 670 competitors in total. Jessica won Silver In Kumite (fighting) and Bronze in Kata. Thomas won Silver in Kata. They are now possibly going to the GKR world cup which will be held in the UK next year.

In September Luke K of year 6 travelled to Lismore to represent Sydney South East in the PSSA State Softball championships. From there he was selected for the PSSA NSW State Team to compete in the National championships in Toowoomba Qld. In some very high temperatures and against some tough competition Luke and his team mates went through the tournament undefeated to become the National Champions. Congratulations to Luke and his team on a great effort.
Seasonal Uniform Shop Hours

The last day for the uniform shop for 2014 will be Wednesday 17 December. The shop will be open from 8.30-3.00pm. The shop will re-open in 2015 on Tuesday 27 January between 8.30-9.30 and 2.30-3.15.

Thank you to our loyal customers for their support this past year.

Wishing you all a Merry Christmas and a safe and enjoyable new year.

Seasons Greetings,
Bec & Jodie

Please be advised that due to rising costs there will be some slight price increases in the canteen next year. A new menu with the updated pricelist will be sent home early in Term 1.

Region Jumpers K-6

As of 2015 if your child has region jumper it can only worn on Friday for sport. These jumpers are not part of LHCS uniform.

Thank you
Carolyn Lakiss

News from the Heights Bites

A special thank you to all the wonderful parents and grandparents who have volunteered in the canteen this year. Your assistance has helped the canteen run smoothly and efficiently and your enthusiasm and reliability is always appreciated by the staff and children.

As you know, we are a totally school run canteen and all the profits generated are used to buy resources for the children. Once again we will be asking for help next year. If you have a few spare hours to assist in the canteen once a month or even once a term we would love to hear from you. Tasks are simple and varied and no prior experience is necessary. For parents new to the school, it is a great way to meet other parents and the new friends your children will be making.

Early in term 1 next year you will receive a note to complete and return to the school if you would like to volunteer. We hope that you will consider this as a way you can support and contribute to our school community.

On behalf of the canteen staff, I would like to thank all the parents, staff and children who have supported the Heights Bites canteen this year. We wish everyone a happy, safe and relaxing holiday break and look forward to serving you next year.

Marian Gailer

Please be advised that the last day for lunch orders will be Tuesday 16 December. The canteen will be open for counter sales only on Wednesday 17 December.
AUSTRALIA DAY CELEBRATIONS ILLAWONG

NEW EVENT LOCATION
BLAXLAND OVAL. BLAXLAND DRIVE, ILLAWONG.

Sutherland Shire Council advises that the 2015 Australia Day Celebrations will take place at Blaxland Oval, Illawong (Blaxland Drive) from 4pm to 9pm on Monday 26 January 2015.

Over the years this free community event has grown from strength to strength so to enable further expansion Council is moving it from Parc Menai to a larger event site.

Enjoy a fun filled, fantastic afternoon and evening filled with stallholders, amusements rides and live entertainment including The Australian Fleetwood Mac Show, Yvette Vials, Evan and the Brave, Col Hardy, Uncle Jed and more followed by a spectacular fireworks display.

For further event information visit www.sutherlandshire.nsw.gov.au

Communications & Events
P: 9710 0513 E: councilcommunications@ssc.nsw.gov.au

AUSTRALIA DAY CELEBRATIONS ILLAWONG

THE BEST HOLIDAYS HAPPEN AT CAMP

Tide every last school holidays with a Sport and Recreation Camp. Our popular Kids and Family Camps offer a range of exciting activities to keep even the biggest kid entertained. Try your hand at over 40 different activities, including fishing, mountain biking, surfing, abseiling, crafts, kayaking, cocking and more, and relax knowing you’re in good hands. Kids’ Day Camps start from $47. Family Camp weekends start from $168 for kids and $258 for adults. Kids under five years attend free of charge. Cost includes accommodation, meals and activities.

Sutherland Shire Council

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Sutherland Shire Council

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As this is the final Careers Corner article for the year we would like to wish all Year 12 students and any Year 11 or Year 10 students who will not be returning to school best of luck with their future endeavours.

Careers Advisory Service for HSC Students 2014 - 2015

Each year, the NSW Department of Education and Communities offers a free Careers Advisory Service that provides students and their families or caregivers with up to date impartial information about the range of relevant career and study options available following the release of the Higher School Certificate results by the NSW Board of Studies. This service builds on a range of career education and planning activities undertaken by students during the year by supporting students in the Christmas holidays when schools are closed. The Careers Advisory Service complements the services provided by the Board of Studies NSW, The Universities Admissions Centre, TAFE NSW, universities and other providers.

The Careers Advisory Service offers three facilities:

- **Phone-in service** - this free state-wide service operates between 18-23 December 2014. Telephone 1300 300 687.
- **E-mail service** - this service also operates between **Thursday 18 and Tuesday 23 December 2014**. Access is through the website [www.cas.det.nsw.edu.au](http://www.cas.det.nsw.edu.au)
- **‘Explore your options’** - this facility is available year round on the Careers Advisory Service website and contains a large number of resources for school leavers. Access is through [www.cas.det.nsw.edu.au](http://www.cas.det.nsw.edu.au).

Experienced careers advisers from government high schools staff the Advisory Service and offer a well-informed, friendly service.

The website [www.cas.det.nsw.edu.au](http://www.cas.det.nsw.edu.au) offers useful information and internet links. From 18 to 23 December 2014 it acts as the gateway to the phone-in and e-mail service.

### Important Dates and Phone Numbers

**BOSTES (Board of Studies, Teaching Education Standards)**

17 Dec 2014 HSC Results available to students from 6am.

**Internet:**


You will need your student number and HSC PIN to access your results online.

**SMS text message:** you can register at [www.boardofstudies.nsw.edu.au](http://www.boardofstudies.nsw.edu.au)

Remember your BOS Number and Student Online PIN are different from your UAC Number and PIN.

**Universities Admissions Centre (UAC)**

UAC Phone: 02 97520200 (8.30am-4.30pm Monday-Friday)

UAC Website: [www.uac.edu.au](http://www.uac.edu.au)

18 Dec 2014 ATARS released on UAC website from 9am

19 Dec 2014 ATAR Advice notices received from UAC in the post

4 Jan 2015 Closing date for changing preferences for consideration in Jan.

7 Jan 2015 Closing date for changing preferences for main round offers

21 Jan 2015 Main round of UAC offers e-released

### Useful Websites for school leavers


Information on apprenticeships
Support services you may be able to access to continue your education and training or work.

Information about going to Uni for current and prospective students.

An online career service designed to help you explore and plan your career.

Find courses and places to study using various search criteria.

This is a video platform with over 1500 short video stories about getting a trade or skill.

For students applying for work remember many large organisations require an on-line application, after applying online it often helps to drop a resume into the store manager, including your online application number in your cover letter. Some examples of companies that you will need to look online include:


Kmart  www.kmart.com.au/jobs.asp#


Go to Work – How can I get a job?

Here are some starting ideas: seek help from your personal networks of friends, family and acquaintances, talk to your school careers adviser, search advertised job vacancies, contact employers in industries where you would like to work visit: http://www.jobsearch.gov.au. You can get help to find a job, write a resume, or work on your own Employment Pathway Plan. visit: ‘Useful Links for school leavers’ on this website.

Career information and Jobs:

The following websites and services are a starting point for everything work-related including making career decisions, finding jobs, writing applications and resumes, preparing for interviews and knowing your rights at work.

Check out the section, Education and Work

Myfuture - Career decision making skills (executive function)

Combine Work and Study

Combining work and study generally means you are planning to do one, or both, part-time or enter a program which includes learning in the workplace. The combination is likely to increase your current and future success as a student and also as a worker.

- Apprenticeships and traineeships, visit: http://www.australianapprenticeships.gov.au
- See also NSW State Training Services visit https://www.training.nsw.gov.au/promotions/apprenticeships_traineeships.html

Merry Christmas Everyone

Mrs Eagles and Ms Smith
Careers Advisers
Parent tips from the DEC

Primary and High school

Ready for high school

Can you recall what you were most apprehensive about when you started high school? This video of Year 7 students explain why teens shouldn’t be worried about starting high school, and how they can get off to a great start in the first few days.


Primary school

Choosing school shoes

Are expensive school shoes the best option for happy feet? Let's face it. School shoes have never been at the cutting edge of fashion. In fact if you look at what your parents were wearing, the humble school shoe really hasn't evolved much at all.


Teach your kids to be waterproof

As temperatures rise, the risk of drowning increases too. Review these water-safety tips to help keep your family safe this summer.


Road safety reminder for parents and carers these holidays

Remember when walking near roads, on footpaths, near driveways and in car parks always: hold your child’s hand, talk to your child about road safety and point out road safety dangers and differences in new environments.

The best way to keep your child safe on or near the road is to hold their hand. Talk with your child daily about road safety. For further information visit:  http://roadsafety.transport.nsw.gov.au/stayingsafe/children/pedestriansafety.html

High school

Boys and body image:

AUDIO: Rachel Friend talks with paediatrician Associate Professor Michael Kohn about the issue of body image and how it impacts on young men in particular.


Girls and body image:

AUDIO: Rachel Friend talks with the Butterfly Foundations Education Manager, Danni Rowlands about body image issues affecting young girls. Research shows young people feel under more pressure than ever to look a certain way.


PRIMARY AND HIGH SCHOOL

Leaving your child at home alone

Making some clear 'home alone' rules with your child gives them an understanding of their boundaries and can also keep you from worrying. Most kids will be fine on their own when the appropriate time comes, so long as some guidelines are followed.


Printable 2015 homework calendars

Kids and families run more smoothly when there's a plan - so print out School A to Z’s 2015 homework and study calendar, which includes key dates and school holidays.


PRIMARY

Swim and survive program

Lessons are for beginners through to confident swimmers keen to practise their technique (from infants to 12 years). See the map to find the pools where friendly swim teachers with AUSTSWIM accreditation teach across NSW.

Thank you to everyone who helped to make 2014 such a successful year! A panel with representatives from the high school, primary school and parent body will meet in 2015 to determine how the funds from the Community Carnival should be spent. From parent contributions and smaller P&C fundraising events (mother’s and father’s day gifts, Farmers Direct & Family Photos) the P&C has been able to purchase a number of things for the school including new goal posts for the oval and another 10 iPads for the junior school.

It is fantastic that the school is assisting our children in promoting technology, however, not all parents are in a position where they are able to or want to send their primary aged child/ren to school with an iPad. The P&C will continue to support LHCS and families by providing funds to purchase iPads for students to use in class. School based iPads have a number of advantages including reducing the misuse of personal iPads that have gaming apps that may distract students in class and reduced risk of damage to personal iPads.

On behalf of the P&C, I would like to wish you and your family a very Merry Christmas and a safe and relaxing summer holiday. To the staff that are leaving LHCS at the end of the year we thank you for your hard work and commitment to teaching our children.

All the best for 2015.

Anita Gardner
P&C Vice President
Do you want to work as an artist in the production of feature films, games and TV? Learn digital art and animation skills from industry experts in our TVET programs.

Both the 3D Animation and the Concept Art TVET courses at Sydney TAFE, Design Centre Enmore (DCE) are for high school students who want to work as artists and animators in the digital media entertainment industry such as feature film animation, digital games, television, online content, advertising and digital visualization.

Start your study with us to become a:
- 3D Animator
- 3D Scene Wrangler
- 3D Lighting Artist
- 3D Modeler
- 3D Programmer
- 3D Renderer
- 3D Rigger
- 3D Texture Artist
- 3D Tracker/Match Mover
- Assistant Artist
- Character Designer
- Concept Artist
- Digital Media Painter
- Pre-Visualization Artist
- Production Designer
- Robotop
- Stop-motion and Layout Artist
- Technical Assistant/Director
- Visual Effects Artist/Supervisor

Pathways into our TVET courses
On completing our TVET courses you will have skills and a portfolio of work relevant for entry to a range of further study options including:
- Digital Media Concept Art course (C095020)
- Bachelor of 3D Art and Animation (20520) at Design Centre Enmore

Contact us for more information...
Karen.Kearney@fkearn.edu.au
or call (02) 9394 5728

Headspace: Headspace Miranda in consultation with local DEC and CEO offices

Topic: A conversation around youth suicide

The session aims to provide:

- Factual information about youth mental health
- Factual information about youth suicide
- A space for parents to ask questions and voice concerns
- Information and skills for caring and supporting young people
- Awareness of headspace services and school wellbeing aims
- Collaboration with families, mental health services and schools to support young people in our area

When
Wednesday 11th March, 2015
6:30pm - 8:30pm

Where
headspace Miranda
Suite 202 Kingsway, Miranda, NSW

Contact
To RSVP for this event please contact headspace Miranda (97571500)

Other information:
Additional sessions may be organized based on interest and demand. Please contact headspace soon if you would like to attend, as spaces are limited.

Tea & coffee will be provided

CALL TODAY

To make an appointment at a NSW Public Dental Clinic
Phone 1300 134 226

Clinic Locations:
- CARINGBAH
- MENAI
- HURSTVILLE
- ROCKDALE
- DACEVILLE
- MASCOT
PLATINUM SPONSOR

Vickie Fisher
Ray White
Menai

GOLD SPONSORS

TBSM

MerchSolutions

ANSTO

Australia Government
Nuclear-based science benefiting all Australians

BANGOR GOURMET MEATS

Pleased to MEAT you with MEATS to please you

PRESTIGE

SIGN GROUP

SmartSaver.com.au

belle

PROPERTY

Real Value Coupons

BRONZE SPONSORS

MANSION PROPERTY
BELLA CHIC
PRUE’S STYLE ROOM
SEVENISH PHOTOGRAPHY
MENAI SWIM ACADEMY

SUTHERLAND SHIRE COUNCIL VACATION CARE

Enrolments are now open for Council’s end of year school holiday Vacation Care program.

There’s plenty of fun at Council’s centres at Miranda and Lucas Heights.

The programs feature many exciting activities – from craft creations, a ‘Wet & Wild’ day at the centre and excursions to Flip Out and Botany Water Slides.

Miranda caters for Kindergarten-12 years, and Lucas Heights Kindergarten-14 years.

For program details and enrolment ph: 9710 0468, email VacationCare@esc.nsw.gov.au or visit www.sutherlandshire.nsw.gov.au
Season 2015 Registrations

BRFC – Your Community – Your Team

Barden Ridgebacks are a family orientated community football club catering for players from U4 to Seniors.

Online Registrations open from Monday 6th January

www.myfootballclub.com.au

Head to our website and Facebook page for full details

-including our Ridgie Roos program for U4-U6 year olds

www.bardenridgebacks.com.au