LUCAS HEIGHTS COMMUNITY SCHOOL
K-12

132 Old Illawarra Road, Barden Ridge NSW 2234
Phone: 9543 8317
Email: lucasheigh-h.school@det.nsw.edu.au
Fax: 9541 0036

‘HEIGHTS HIGHLIGHTS’

Term 3 Volume 12 August 2014

Education Week - July 2014
Carnival Update

This week you should have received a note about how you can be involved in our school carnival and you will soon also receive an order form for the carnival ride arm bands. Please keep a look out for this note.

The carnival team have been busy securing sponsors and donations for our upcoming carnival.

We would like to welcome Vickie Fisher of Ray White Menai as our Platinum Sponsor for the Community Carnival.

Ray White has been in the local area for over 20 years and has a high profile office in Menai Metro. They always strive to exceed customers’ expectations.

Vickie Fisher has been successfully listing, marketing and selling real estate throughout the entire Menai District since 1993 and consistently strives to achieve exceptional results while remaining uncompromising in her delivery of outstanding personal service.

Thank you to Vickie Fisher and Ray White Menai for supporting our Carnival.

Thank you to ANSTO, Belle Property, Sports Apparel Australia and Bangor Gourmet Meats for becoming Gold Sponsors and also to Manson Property and Bella Chic Designs for their Bronze Sponsorship.

If you know of a company that would like to sponsor our Community Carnival, please call or email Lyndal Townsend on 0416 389 909 or lyndal_townsend@hotmail.com.

We are also on the lookout for stall holders and others who may be able to present a non-commercial static display of general interest. If you know anyone that would like to hold a stall or stage a general interest display at our Carnival, the application form is on the school website under the Carnival tab.
Principal’s Report …. 

Thank you for the response we have had from parents of Year 3 and 4 students regarding the PAVe project. The number of responses (Returned permission notes) we have received appear adequate to progress with the study although I have not yet had a formal response from Macquarie University. I am aware that this project requires significant time from parents as well as students but I am excited about the potential benefits it may lead to. I have repeated the details below of the program but more details are easily accessible if you google; PAVe – Centre for Emotional Health.

PAVe is an intervention project being conducted in NSW and Western Australian primary schools. It is supported by funding from the National Health and Medical Research Council, Australian Government Department of Education, and Macquarie University.

PAVe will evaluate two evidence-based programs in schools and Lucas Heights has been accepted into both:

• Friendly Schools Plus: a strengths-based, whole-of-school program designed to enhance students’ social and emotional learning and foster the prevention of bullying behaviour;

• Cool Kids: Taking Control: a strengths-based, targeted program designed to build resilience in those children who have been targeted by bullying behaviour.

These programs claim to help schools reduce all forms of bullying by developing student’s social and emotional learning, building positive peer relationships, and empowering students to cope successfully with difficult situations. I believe we manage student relationships well at this school but hold the view that we can all learn something from this research and further improve the learning environment for students.

Plans are progressing for our Community Carnival and I thank those people, both parents and teachers who are leading the planning and also those who have already committed to providing their time to manage or help with stalls or displays. At this stage we have over twenty five stall-holders as well as several performance groups, static and dynamic displays and of course the carnival rides which will be set up on our K-6 oval (LHCS #2 Field). Most of the stalls and activities will be set up in the K-6 area of the school, including the North grass playground but this is very much a whole school event with both junior and high school involved. Please mark this day on your calendars and arrange to attend; better still, consider how you might assist with an activity.

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

Kevin Haydon

Yr 12 Trial HSC exam period begins.

Students have begun their final in school assessments prior to the big one - the HSC. We wish all good luck with these exams and remember the old saying 'practice makes perfect'!
A Poet’s Corner

If I built a ....house
It would be next to a lake
And it would be shaped just like a big
birthday cake!
I would give it large wings so it could fly!
In case I needed to escape from a spy!
I would give it a super heat shield from
the sun!
So if it’s hot I could still have fun!
And a jetpack to fly around my humble
abode
Plus it wouldn’t weigh a load!
From fastest flight
Up to its strongest might!
And you see this red button here?
Press it and let’s go underwater at Lake
Smear!
With a super bionic bubble of air!
It’s just like a embedded lake lair!
Don’t think that’s all, there’s still some
more!
Just come through here and open this
door!
A non-gravitational ball!
But even still, that’s not all!
A virtual library inside this room!
It makes more books every millisecond like
a racing car going zoom!
Look! A heated indoor pool
It’s a shame I still have to go to school...

Liam J

Staff upskill with DELL

Staff have been undertaking a fortnightly programme of professional learning activities for free with DELL.

In this world of user pays, it has been great to have DELL send their experts out to train our staff on everything from the wonderful world of google to the development of student online portfolios. We have been learning all the creative ways that we can use to flip the classroom, create an interactive or clickable document and have had fun doing it in our state of the art IT labs.
Public Speaking Finals

Congratulations to everyone who participated in the 2014 School Public Speaking Finals. It was a fine effort by all. A special thank you to their families for assisting and encouraging them.

Our Stage winners will progress to the zone finals at Sylvania Heights Public School on Tuesday 9 September. More information to follow.

Stage 1 Winner: Chloe R
Runner up - Charlotte M

Stage 2 Winner: Ayla F
Runner-up - Ronan F

Stage 3 Winner: Connor F
Runner-up - Tashan S

Jennie Begg
Public Speaking Coordinator
Spotlight on Year 9 Child Studies.

A guest speaker from Karitane along with two young mums visited the year 9 child studies class earlier this year to discuss their experiences as a parent trying to raise a child and complete tertiary studies. Issues they discussed included the expenses associated with raising a child, finding appropriate accommodation, friends and relationships, time management and the support services available to assist young parents. The students developed a greater understanding of the expectations of the roles and responsibilities of a parent.

Year 9 participated in a pre-natal yoga class as part of their study on pre-natal development. Students tucked a balloon under their shirts to gain an appreciation of what it is like to exercise during pregnancy and the benefits of exercise for both mum and bub.

Primary school mum, Elizabeth McDonald visited our class with her two toddlers and baby to talk to the students about caring for a newborn. It was fun to watch a baby bathing while we learnt about the routines for a newborn. The Year 9 students loved the opportunity to cuddle a real live baby.
Author Visit—Tristan Bancks

I am Rocco F and I was one of the lucky people from 5S to go to visit the library and meet Tristan Bancks with all the boys from Yrs 3-6. He spoke to us about how he became an author and how we could too. He told us about all of his books and we got to brainstorm ideas for his new book. He explained how he gets ideas for his books. I think everyone enjoyed the talk and will enjoy his books.

My name is Dean R On Tuesday I went to the library to listen to Tristan Bancks. Tristan has written many fantastic books. We are reading Two Wolves in my class, 5S. My favourite part about the author visit was when he told us about when he was a little kid and he went to the doctor to check if he was sick. Except he actually wasn’t sick and ended up getting his appendix taken out anyway. Tristan told us how to get ideas to write a book.

Two volunteers from The Australian Breastfeeding Association visited our class to inform students of the benefits of breastfeeding for both baby and mum. The visitors were very impressed with the student’s enthusiasm and the insightful questions that they asked.

A visit to Sutherland Hospital Maternity Ward was an extremely worthwhile learning experience. It was so exciting to watch a one-day-old baby get his first real bath.

Soft toys made during term 2.
Peer Support Report Term 2

Last term our Year 6 students lead the children in Years 1-4 in the Peer Support Program, Taking Opportunities. I would like to commend Year 6 for the manner in which they carried out their leadership roles and the responsibilities this involved.

Below is a selection of responses from Year 6 Peer Support program evaluations:

♦ For the past six weeks Year 6 has been involved in a great program called Peer Support. Our focus this year was on being resilient which means coping with difficult situations, being positive and not giving up. We have benefitted greatly from this opportunity and we can use what we’ve learnt in real life situations. Peer Support was such fun and it was a great privilege to be part of this wonderful program. (Harry)

♦ I enjoyed being part of Peer Support as it has helped me a lot with being organised and prepared. I would recommend being a leader as it improves your leadership skills and builds your confidence. Six weeks sounds so long but it went so quick and I wish it had gone for longer as I really enjoyed being a peer leader. (Ebony)

What I learnt from Peer Support

♦ To be organised, how to be more of a leader and how to be resilient. (Jessica Y)

♦ To be more polite, respectful and to listen to other kids. (Phoenix)

♦ How to maintain a group and how to work with younger kids. (Tamiya)

♦ Humour can help us to be resilient. (Mia A)

♦ Leadership skills, working with other people and some students need more help than others. (Stephanie)

♦ A lot about teaching and how hard it is to do a teacher’s job but it did help me with my nerves. (Giselle)

♦ It has taught me to cope with problems of my own and others. (Jamie-Lee)

Benefits of being a Peer Support Leader

♦ To be a resilient leader. (Mark)

♦ Every kid is different, really different and now I have new little friends from Years 1-4. (Aiden)

♦ How to work as a co-leader. (Josh)

♦ How to work as a team. (James)

♦ You need to listen to other kids and lead them down the right track. (Aidan)

What I learnt from Peer Support

♦ To be organised, how to be more of a leader and how to be resilient. (Jessica Y)

♦ To be more polite, respectful and to listen to other kids. (Phoenix)
I know about resilience for High School. (Jasper)

You have fun and even though it was hard at first, by the end everyone enjoyed it. (Natalie)

You gain patience and learn to cooperate. (Alanna)

You get a great experience. (Jenna)

My confidence level has improved and I am able to work under pressure. (Jessica)

I got to know more people and more about them. (Kayla)

Benefits for students in Years 1-4

- They learn how to be in a group even if they don’t have any friends in it. (Tom Y)
- Meeting new people and learning how to be resilient. (April)
- They now have some older students that they can talk to. (Tamara)
- Most of the students know what resilience is, how to be resilient and dealing with situations in a resilient way. (Tavia)
- I reckon some kids are going to be good leaders one day. (Sebastian)
- They form a bond with their group. (Connor)
- The students learn from all the lessons while having fun with games and activities. (Bianca)

Congratulations Year 6 - you should be very proud of your efforts. The supervising teachers agree with me that you really stepped up with your organisation and preparation, ensuring the program ran smoothly and all participating students gained so much from your leadership. I hope you continue to practise the skills you attained.

Mrs C Last
Peer Support Coordinator

What I enjoyed most about Peer Support

- You get to meet new people, you help others and you learn from your peer group answers. (Lara)
- It is super fun and a good life challenge. (Elena)
- It was a huge opportunity to learn about being a good, responsible leader. (Andrew)
- It is a great thing to do and something I actually like in school. (Danial)

The Peer Support Report has been repeated in this newsletter due to missing a full page on the last newsletter.
WANT TO LEARN TO PLAY GUITAR?

Do you want to learn how to play the guitar?
Or do you want to take your playing to the next level?

If the answer is yes, then the Lucas Heights Guitar Troupe is the place for you

Teacher Chris Wilson from Menai Music will be taking a class every Friday at lunchtime in the Music Room

Only $10 per lesson, starting Friday 15th of August

So what are you waiting for, book your spot with Mrs Turner for the Lucas Heights Guitar Troupe now!
Premier’s Reading Challenge

Many children have completed this year’s Reading Challenge and have handed in their reading logs to the library staff.

We would like to congratulate all students that have completed their logs and remind students that all reading logs will need to be submitted to the library by 18 August so that they can be forwarded to the Premier’s Reading website.

We hope you enjoy reading for the Premier’s Reading Challenge and library staff will be very happy to help students select suitable books to read for the challenge.

Thank you,
Mrs J. Williams, Mrs C. Nelson and Mr L. Davison

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 ‘Events’ and also the ‘Calendar’.

Used books for Community Carnival

We are planning to have a used book stand at the LHCS Community Carnival on 18 October. Books will only sell if they are in good condition and are enjoyable to read.

If you have a spare book that has been enjoyed by members of your family that you are willing to part with then it can be donated to the school for resale.

It would be good to have a variety of books. Picture books, popular fiction for all ages K-12 and adult recreational reading books including fiction, cooking books, biographies and high interest non-fiction books would be most suitable.

Books can be delivered to the library for sorting. Please be aware that the books will need to be stored until the carnival so we would appreciate fewer good quality books over a high volume of books that no one wants.

No encyclopaedias please. They are heavy and not the preferred way to research anymore.

Thank you for any assistance you can give with this request.

Library staff
Supporting Children Experiencing Anxiety

FREE workshop for parents, grandparents & teachers

This FREE workshop is for anyone who is supporting children aged 4 - 8 years old, who are experiencing anxiety.

Through presentations, case studies and panel interviews, the workshop will give participants the opportunity to ask questions, receive relevant information and learn practical strategies on how to best support children experiencing anxiety.

Date: Monday 15th September 2014
Time: 9.30am - 12.30pm
Venue: School Hall
Sutherland Primary School
Eton Street, Sutherland

Registration is essential: To register, please contact Rosanna, Community Development Manager, Gyuca Community Aid on 9524 9559 or censervice@gcais.npo.org.au by Wednesday 3rd September.

Thank you to Sutherland Primary School for donating their time venue.

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Supporting Children Experiencing Anxiety

9.30am - 12.30pm
Monday 15th September 2014
Sutherland Primary School - Eton St, Sutherland

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<th>Time</th>
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<tr>
<td>9.30am - 9.45am</td>
<td>Registration</td>
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<td>Workshop Overview</td>
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<td>Facilitator - Kath</td>
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<td>10am - 10.30am</td>
<td>What to Look Out For: Signs &amp; Symptoms</td>
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<td>Linda Solem - Clinical Psychologist</td>
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<td>Practical Strategies to Support Children</td>
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<td>Case Study</td>
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<td>Linda Solem - Clinical Psychologist</td>
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<td>11.15am - 11.30am</td>
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<td>Clinical Psychologist - Linda Solem</td>
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<td>GP - Dr Alison Vicker</td>
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<td>Primary School Teachers - Jenny Hunter &amp; Sue Hanwood</td>
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<td>Parent - Natasha</td>
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<td>12.15pm - 12.30pm</td>
<td>Evaluation &amp; Close</td>
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Group Program

Leap ahead and Love Learning

Transition to school can be tricky. Parents often ask themselves “Is my child ready?” “Will my child cope?” “How can I make this transition easier for my child?” The Herral Therapy Team has condensed years of experience into an eight week program which can help.

Tracey (speech pathologist) and Sine (child and family counsellor) collectivity have over 30 years experience working with children and families. They have developed a fun, activity-based program for children who will be attending Kindergarten in 2015 or 2016 with concurrent information sessions for parents.

Who should attend?
- Children who would like a head start in developing positive learning and social classroom behaviours
- Children who need help to enhance their foundation literacy and numeracy skills
- Children and parents who are anxious about making the transition to school
- Children who are shy and/or lack confidence
- Children who need support in developing resilience and managing feelings.
- Children who need practice in attending and participating in a group situation

Give your child a positive boost to launch their formal education

Year 3’s reading, writing and arithmetic
- Foundation skills for reading
- Print awareness, early handwriting skills
- Number recognition and problem solving

The other essential and often forgotten 3 R’s (relationships, rules and routines) will be integrated into the program including the 2 key aspects of resilience:
- Self-esteem and self-efficacy - I am a nice person to know. I know things I am good at.
- Learned optimism - I will try new things. It will be OK, I can try it.

Systematic problem solving skills - I can work it out with help
- Self-regulation - I can listen, learn and cope with feelings. I can follow a routine.
- Ability to recognise and describe feelings to an interested adult. I can name my feeling and ask for help.

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Group Program

Leap ahead and Love Learning

When?
The 8-week program starts on Friday 10th October 2014 from 9:30-11:30.

Where?
The Herral Therapy Team
Mesan Alley, 16/70-80 Allston Crescent, Miranda, 2228

Cost?
The cost is $80 per session and this includes a 90 minute weekly child program and a 30 minute concurrent weekly parent information session plus all snacks and resources. 10% discount is available for up-front payment.

Potential rebate from Medicare or private health funds. Please discuss with Tracy or Sine.

Minimum numbers are required. Bookings close Friday 3rd September 2014 (or when full, min 8)

Parent testimonials:
"I feel that the best thing you can do for your child's education is to give them as successful a start as possible, and the love of learning will continue to grow from there. This program has achieved that, and I would highly recommend it to anyone who is wanting to give their child the best start.

Karen, parent of Max, aged 5"

To find out more or book your child up, please contact Tracy or Sine:
Herral Therapy Team: 8944 0303

Tracy: 0403 766 488 tracy@hearspeech.com.au
Sine: 0402 270 689 sine@minacounselling.com.au

www.hearspeech.com.au
www.minacounselling.com.au

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HearSay Speech Pathology Mina Counselling Services

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Cool Little Kids Parenting Program

Early Intervention for Anxious 3-6 Year Olds

Is Shyness Normal in Preschoolers?
Some shyness can be a normal part of development. However, research has revealed that excessive shyness in preschool aged children can lead to the development of more serious problems in later life, such as the development of anxiety disorders. Having a parent who is anxious also increases a child’s likelihood of developing anxiety.

What is the Cool Little Kids Program?
The Cool Little Kids program is a group treatment program for parents of children aged 3-6 years who exhibit excessive shyness or anxiety. It equips parents with both knowledge and practical tools and tips on how to help their child manage and overcome anxiety. The program uses Cognitive Behavioural Therapy (CBT) techniques to give parents effective tools and strategies to assist their child.

What Topics does the program cover?
- Understanding anxiety and shyness in preschool children
- Common and risk factors for childhood anxiety
- Helpful and unhelpful ways of responding to anxiety in children
- Skills and strategies to help your child build brave behaviours and face fears
- Dealing with setbacks and difficulties
- How to maintain progress after the program ends

Who should attend?
Whoever possible and applicable, we recommend that all parents involved in the day to day care of the child attend the group. If this is not possible, we would suggest that the same parent attends each session (rather than alternating parents). This allows a parent to build on knowledge learned in previous sessions and we would encourage the attending parent to include the non-attending parent in the program by updating them on session content learned and involve them in tasks being practiced each week at home.

Children do not attend group and attendance is not available on site, as childcare arrangements should be made for the duration.


Times:        10.30am – 12.30pm

Venue:        Caringbah Community Health Centre
               In the rear grounds of The Sutherland Hospital
               The Kingsway, Caringbah

Facilitators:        Alison Dewes and Lisa Loutica

Cost:        $50 for manual

Enquiries:        Contact intake on 9522 1000. A telephone interview will be organised with one of the facilitators to determine your suitability for the program.

Bouncing Forward: Transition to High School
Resilience Based Program for children in years 5 & 6

Who is it for?
Anyone who is feeling a little anxious about the move to high school, and anyone wanting to beef up their social & emotional skills to give themselves a great start to an enjoyable high school life. Mdx group size is 8 children.

What will it cover? Each of the 8 sessions will be 90 minutes, topics include:
- My Strengths, building self confidence
- What is Resilience and how to 'Bounce Forward'
- Resilient and optimistic thinking, managing new tasks and challenges
- Staying cool—handling positive or negative emotions and worries
- Creating the reputation I want, friends and social media
- Connecting, helping others and the power of kindness
- My support system & managing tricky situations
- Pulling it all together

Who is running it? The facilitator, Sara Beresford Terry, is a Mental Health Social Worker, Child & Family Counsellor and experienced Group Leader. Find out more at www.mimacounselling.com.au

Where?        Mental Health Therapy Trees, Mental Metro, 16 72-80 Allison Crescent, Menai

When?        4-5.30pm Wednesdays, starting Wednesday 15th October 2014

Cost?        $6 per session if paid weekly, $336 for 8 week block ($42 per session)
If your child experiences anxiety, you may be able to get a GP care plan and receive $19 Medicare rebate per session.

How do I book my child in?
Please contact Sara to discuss enrolment:
Clinic No. 8540530
Mobile: 0400270689
sara@mmacounselling.com.au
Thinking about getting a job?

It doesn’t matter if it’s a part-time, full-time or a school holidays only job, all employers want the same things. Below is a list of the 5 most common things that employers all say they look for:

**Experience**

For most jobs, employers prefer to hire someone who has at least had some work experience.

Here’s how they suggest you get some:

Do some work experience in a job or industry you’re interested in.

Do some volunteer work.

Use your network of friends, family and family friends to get some work experience.

In addition employers are also happy for you to draw on your experience at school, in sports or social clubs or work you have done in the community.

**Skills and qualifications**

Sometimes employers need and want you to have official qualifications for the type of job you’ve applied for.

Employers also look for specific skills that you will need to do the job you are employed to do. You can develop these skills through study, work experience, volunteer work or other activities or events you’ve been involved in.

**Social skills**

Employers really value good social and communication skills. The areas they look specifically at are:

Teamwork – employers need someone who can work well with other people.

Positive attitude – employers want someone who approaches their work with energy and enthusiasm and a ‘can do’ attitude.

Communication skills – employers are usually looking for someone who is a good, clear talker and maybe also a good writer, depending on the job.

**Reliability**

Employers want to hire someone dependable who is going to turn up to work on time and work to a reasonable standard. They want someone who is loyal and who will commit to the job. They also want someone who will be responsible for their actions.

**Initiative**

This is a key thing that all employers are looking for. They want people who are proactive, who don’t have to be told every little thing that needs to be done. In addition they want:

- Employees to solve problems using their own initiative.
- Someone with good planning and organizational skills.
- And finally they are looking for someone keen to learn and practice new things.

Remember we all have to start somewhere and no one is expected to be perfect from the beginning. Use these 5 points as your checklist and it won’t be long before employment opportunities come your way.

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**Upcoming Events**

- **University of Wollongong Information Evenings Year 12 Students and Parents**
  - Saturday AUGUST 30th
  - SYDNEY CAMPUS (circular quay) open day
  - Gateway Building
  - 1 Macquarie Place
  - Sydney
  - 1.00pm - 6:00pm

- **Western Sydney Information Evening**
  - Campbelltown Catholic Club (The Fitzroy Room)
  - Monday 25 August
  - 6.30pm - 8.30pm
  - Southern Sydney Information Evening
  - St George Leagues Club (Mahogany Room)
  - Tuesday 9 September
  - 6.30pm - 8.30pm

- **August/ September University Open Days**
  - University of Wollongong
  - August 16th 2014 Saturday
  - August 30th 2014 Saturday (Sydney Business School, CBD Campus)

  - University of Newcastle (Central Coast campus)
    - August 16th 2014 Saturday
    - University of Newcastle (Newcastle campus)
    - August 23rd 2014 Saturday

  - University of Technology, Sydney
    - August 30th 2014 Saturday

  - University of Notre Dame (Broadway & Darlinghurst)
    - August 30th 2014 Saturday

  - University of Sydney
    - August 30th 2014 Saturday

  - University of Western Sydney (Parramatta Campus)
    - August 31st 2014 Sunday

  - Australian Catholic University
    - September 6th 2014 Saturday (Nth Sydney Campus)
    - September 13th 2014 Sunday (Strathfield Campus)

  - University of New South Wales
    - September 6th 2014 Saturday

  - Australian Catholic University
    - September 30th 2014 Saturday (Australian Defence Force Academy, Canberra)
August/ September Private College Open Days

William Blue College of Hospitality Management
16th August 2014, Nth Sydney Campus

JMC Academy Creative Industries
16th August 2014

Australian Institute of Music
16th August 2014

Australian National College of Beauty
16th August 2014

Australian National College of Beauty
16th August 2014

Australasian College of Natural Therapies
16th August 2014, Pymont Campus

International College of Management Sydney - Open Day
17th August 2014, Manly Campus

AIE (Academy of Interactive Entertainment) Open Day
17th August 2014

Mrs Eagles and Ms Smith
Careers Advisers

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 is to contact the employers directly. Some employers rely on job seekers approaching them to save them time and money in advertising and recruitment. Contacting employers directly shows that you are proactive and committed. These are qualities highly regarded by employers.

**Approaching employers face-to-face**

One way to approach employers is to “cold call”. This means approaching an employer at their workplace about the possibility of working for them. This approach applies even if the employer hasn’t advertised a job vacancy. The advantage of this approach is that you can target employers you want to work for, and the location you would like to work in and also where your skills match the work they do.

Remember that if an employer doesn’t have a vacancy immediately, they may be interested in employing you in the future. You should leave a copy of your resume and cover letter with them and follow up at a later date.

**Phoning an employer**

Another way to actively seek work is to do what is called “cold calling”. This means phoning a business that has not advertised a job to see 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.

1. It is important to be clear in your mind about the purpose of the phone call.
2. Before making the call, find out as much as you can about the business you are calling.
3. It is useful to make notes about the questions you will ask or the information you need to give. It is important to note the skills and personal qualities that would make you a valuable employee for their particular business.
4. At the start of the call, be sure to say clearly both your name and the name of the person you would like to speak to. If you do not know the name of a particular person, ask to speak to the manager or the person responsible for staffing or recruitment.
5. Be prepared to reach an answering machine. Before the call, think about what you will say if that happens. It is good to have thought of a short message about your reason for calling and the number you will leave if you want them to call you back.

**Visit jobs boards online or in the paper**

Vacant positions are often advertised in your local community newspaper. Make sure you check out the classified section. Ask your local newspaper or a local newspaper that you trust. There are usually many positions that will interest you. You can also visit career websites such as Seek.com.au, however these usually contain listings for more experienced level jobs.

Make sure you check out SkillsRoad.com.au for job opportunities.
### Open days for 2014–15

**APM College of Business and Communication**
North Sydney campus 16 August 2014
15 November 2014
9 December 2014

**Australasian College of Natural Therapies**
For information call 1300 017 267.

**Australian Catholic University**
Canberra campus 30 August 2014
North Sydney campus 6 September 2014
Strengthenfield campus 13 September 2014

**Australian College of Applied Psychology**
For information on these and other events, visit www.acap.edu.au
Information nights 7 May 2014, 16 July 2014
20 August 2014, 17 September 2014, 11 November 2014

**Australian Maritime College**
Beauty Point campus 31 August 2014
Newnham campus 31 August 2014
Campus tours can be arranged by appointment year round. Visit www.amc.edu.au/visit-amc

**Australian National University**
For campus tours, visit http://students.anu.edu.au/events/campustours.php
30 August 2014

**Billy Blue College of Design**
North Sydney campus 16 August 2014
11 November 2014

**Charles Sturt University**
Open day every day
For campus tours/appointments and course information, call 1800 DEGREE (1800 334 733) or visit www.csu.edu.au/campustours

**CQUniversity**
Sydney campus 3–7pm, 7 August 2014
Virtual Open Day (online only) 10am–7pm, 10 September 2014
For more information on these and other CQUniversity events, visit www.cq.edu.au/events

**Griffith University**
Gold Coast campus 10 August 2014

**International College of Management, Sydney**
Manly campus 17 August 2014

**Jansen Newman Institute**
Pymont campus 10am–1pm, 3 May 2014
16 August 2014, 15 November 2014
Jansen Newman Institute holds regular open days and information sessions at the Pymont campus throughout the year. Visit www.jni.edu.au or call us on 1800 777 116 to reserve a place.

**La Trobe University**
Albury-Wodonga campus 29 August 2014
Mildura campus 13 August 2014

**Macleay College**
Sunny Hills campus 23 August 2014, 17 January 2015
South Melbourne campus 23 August 2014, 17 January 2015

**Macquarie University**
For information call (02) 9339 8651.
13 September 2014

**MIT Sydney**
For campus tours/appointments and course information, call (02) 8267 1400 or visit www.mit.edu.au

**National Art School**
For information call (02) 9339 8651.

**SAE Creative Media Institute, Australia**
For information call 1800 723 338.

**Southern Cross University**
For personalised campus tours and special events, call 1800 626 481 or (02) 6620 3975 or visit www.scu.edu.au/campustours

**Sydney Institute of Business and Technology (SIBT)**
For information call (02) 9850 6222.

**University of Canberra**
30 August 2014

**University of New England**
For personalised tours, call 1800 818 865 or visit www.une.edu.au/campustours
2 May 2014

**University of Newcastle**
Newcastle campus (Callaghan) 23 August 2014
Central Coast campus (Ourimbah) 16 August 2014
Port Macquarie campus 7 August 2014

**University of Sydney**
30 August 2014

**University of Technology, Sydney**
City campus 30 August 2014
Kuring-gai campus 6 September 2014

**University of Western Sydney**
Parramatta campus 1 September 2013
UWS Campus Experience tours are held throughout the year. To register, visit www.uws.edu.au/campusexperience or call 1300 097 669.

**University of Wollongong**
Wollongong campus 16 August 2014

**UNSW Australia**
Australian Defence Force Academy, Canberra 30 August 2014
6 September 2014

**William Blue College of Hospitality Management**
North Sydney campus 16 August 2014
15 November 2014
9 December 2014

For information on school visit days, contact individual institutions.
If a window of opportunity appears, don’t pull down the shade.

One of the great things about attending the P&C meetings is getting to find out about all the opportunities that are coming up in the school. While you can read the minutes of the P&C meeting on the school website, at the last meeting there were some agenda items that we wanted to highlight.

When your child comes home upset about the way that another child spoke to them, or tells you that they are being excluded from a group, and they look to you for guidance or reassurance, do you feel confident in how best to respond? Many parents wonder if they are saying or doing the right thing to help their child, especially if your child also has a tendency to worry more than others seem to.

In our last P&C meeting Principal, Kevin Haydon, spoke about the Preventing Anxiety and Victimisation through Education (PAVe) program. PAVe consists of two cutting edge and proven programs which will be rolled out in 2015 to a selected number of schools across NSW. Excitingly, LHCS has been randomly assigned to trial both programs, the Friendly Schools Plus, designed to enhance students’ social and emotional learning and foster prevention of bullying behaviours and the Cool Kids: Taking Control, which builds resilience in bullying victims.

Project manager Sally Fitzpatrick from Macquarie University’s Centre for Emotional Health said children would be taught how to build successful friendships in the playground and how to cope with difficult and threatening situations. Teachers will be trained to deliver the programs in the classroom. Parents will also be invited to become involved by working with their children on anti-bullying strategies at home and through online programs. All free of charge!

Extensive research shows young people who believe their friendships are “solid” can more easily handle social victimisation and reduce the chances they will become anxious and depressed. This is a great opportunity for our school community, and we strongly encourage all families to return their participant consent forms, or if you have any questions about the program, to contact the school or University directly.

Martin and Wendy, the friendly and generous Aussie Farmer franchisees also attended the P&C meeting to discuss the upcoming fundraiser and donated to the school a sample fruit and vegetable box. Aussie Farmers have been servicing communities around Australia for 8 years. They are 100% Australian owned, and source all their fresh milk and food (over 230 different items are now available to their customers) from only Australian owned and operated farms and companies. In term 3 each family will have the opportunity to order boxes of fruit or boxes of fruit and vegetable, delivered fresh to your door, or your friend's door, grandparent's door or neighbour's door. Between $7 and $10 per box will be donated back to the school! Order forms will be sent home soon, or you can print off order forms online.

Finally, in your child’s school bag you should find a note from the LHCS Community Carnival committee asking for donations of goods and time. While we have asked particular years to donate particular items, please don’t feel limited to only donate only those items. For example if you have good condition books that are only collecting dust on the bookshelf, or an item that would be perfect in the silent auction, the committee would be thrilled to add it to the event.

Opportunities for everyone!

Anita Gardner
P&C Vice President
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