Stage 3 Camp - Myuna Bay
Principal’s Report ….

During the last two weeks we have had some outstanding successes. Last week we were selected along with only twenty five other schools in all of NSW to send four students and one teacher to participate in the 2015 centenary service at Gallipoli. This trip is fully funded by the Federal Government for travel, accommodation and meals. Our selection process for the teacher and students has already commenced, with information available on our school website. Closing date for student applications will be 1600 on Tuesday October 7.

The other great news is that one of our Year 12 students, Savannah De Oliveira won the Best 2015 School Based Apprentice in all of NSW for her performance in her hair dressing apprenticeship. Ms Robertson, Mr Redman and I were at the awards ceremony at Darling Harbour on Tuesday night, along with Savannah’s parents, to see her win the award.

With our Community Carnival fast approaching on Saturday, October 18, I am concerned by the lack of parent volunteers so far to assist in operating our stalls, especially our food stalls. I am hoping that more of you will volunteer very soon because at the moment we have many teachers volunteering their time in preparing for and operating stalls and displays and performances but proportionally, very few parents. We really need more volunteers, even if only for a few hours to serve for a while or to help us set up or break down the stalls. Your assistance is needed and appreciated. We need this event to be successful and hopefully grow into a bi-annual event as our major fundraiser. PLEASE consider volunteering. See elsewhere in the newsletter and also hand-outs and emails of how to volunteer.

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

Kevin Haydon

Lucas Heights Community School are proud to announce that we are one of the 25 lucky schools in NSW to be selected to attend the 2015 ANZAC Ceremony in Gallipoli commemorating 100 years. Four students and a staff member will be chosen to join students from across Australia, descendants of those that served at Gallipoli, Australian First World War widows, and the thousands of Australians who were successful in the national ballot, in participating in the commemoration ceremonies that will take place next year. LHCS has had a long association with the Woronora RSL and pride ourselves on our dignified ceremonies commemorating our past and relish this opportunity. Students from years 10, 11 and 12 2015 will have the opportunity to apply as ambassadors for the school. Please see the school website for more information.
Congratulations
Savannah de Oliveria NSW School Based Apprentice/Trainee of the Year

Bright future for hair apparent

SAVANNAH De Oliveira has had a busy couple of years, but the payoff is in sight.
The TAFE student is completing a Hairdressing Certificate III at a school-based
apprenticeship, and spends one day a week at TAFE, the rest at school, and works three
weekly shifts at a salon. She’ll do a year of practical work with her employer next year,
and will then be a qualified hairdresser.
“I basically have to go straight from school into a job,” she says. “Time
management is my No. 1 thing at the
moment, but having to balance everything
has made me more focused than ever.”
Recent recognition through the NSW
Training Awards has provided further
motivation. “I didn’t expect it – just being a
finalist was a big goal for me,” she says. De Oliveira has added to her experience

Leading Lights

The Multicultural Perspectives Public Speaking Regional Final for South Western Zone was held on
Wednesday 26 August 2014.

According to The Arts Unit, by their estimates:
- approximately 30,000 students across the state
  tried out for this competition at school level
- approximately 2,100 students competed at a zone level
- 70 students competed at region level
- 12 students will now
  compete at state level
- the South Western Region is the most hotly contested region.
It has the most number of students competing, and has produced the most winners.

At Wednesday’s final, 14 students competed and 2 were selected to
 go through to the State Competition:
- Connor F (Lucas Heights Community School)
- Morgan M (Ruse Public School)

Connor and Morgan were both described as
‘winners’ (ie there was no 1st and 2nd place).
The State final will be held in the Eugene Goossens
Hall of the ABC Centre at 700 Harris St Ultimo on
Friday 14 November. We wish Connor the best of
luck for the final.

Leading Lights

Thomas and I have been doing GKR Karate for three years and we both have a red belt. After
attending a few regional tournaments this year and coming in the top 3 places, we both qualified to
enter the state titles tournament which was held on Sunday 7 September. We competed in 3 events
each which were individual Kata, Kumite (fighting) and team Kata. We did the Team Kata with our
friend Samantha. We did really well at the tournament. Thomas, Samanatha and I received 1st place
in the Team Kata. Thomas also received a Gold Medal in Individual Kata and and I received a bronze
medal in individual kata and a gold medal in Kumite. We are both excited and proud to be state
champions in our age group and belt colour.

We qualified to participate in the Australian championships which will be held on the Gold Coast in
November. We can’t wait for it so wish us luck!

Jessica & Thomas Y — Year 6
Lucas Heights Community School
Community Carnival - 18th October 2014

Carnival Update

"HELP"

Parents are needed to assist at the school stalls at the Community Carnival, we are only asking for an hour of your time but happy for you to do more if you are able, remember 100% of the profit from these stalls goes directly to the school.

The Community Carnival is a fantastic way to be involved in our school community and the more parents that assist the easier it will be for all of us. Don't think someone else will do it!

Class notes are available on the school website

Please print off your child's class note, fill it in and return it ASAP.

We are still collecting donations for our Silent Auction, please take all donations to the office before the end of term.

Welcome and thank you to our new sponsors - Prestige Sign Group, Funtime 4 Kidz, Face Painting by Deborah, Club Central Menai and CarNet Auctions. We appreciate your support.
Thank you to our Community Carnival sponsors:

Vickie Fisher & Ray White Menai - Local Real Estate Agents located in Menai Metro with over 20 years’ local experience. Call 9543 0333 or Vickie on 0418 460 402 or visit raywhitemenai.com.au

ANSTO - Australian Nuclear Science and Technology Organisation offers events and tours, to see what’s on go to www.ansto.gov.au or call 9717 3090 for bookings.

Belle Property Menai - Real Estate Agent located in Menai Metro. Call Adam or Wayne on 9543 0770 or visit www.belleproperty.com/menai

Merchandise Solutions - Sister group to Sports Apparel, a supplier to the school uniform shop, go to www.merchsolutions.com.au for all your merchandise needs.

Smart Saver - Coupon and deal booklet delivered to homes, have a look for our ad’s appearing before the Carnival. To advertise locally call Jerry on 0419 465 944 or smartsaver.com.au

TBSM Bicycle Emporium - Owned by a family from our school, for all your bike needs and to find out all about them go to www.tbsm.com.au


Funtime 4 Kidz - Menai’s local children’s indoor party and play centre offers unlimited play in an AIR CONDITIONED environment. Call 9541 4600 or visit www.funtime4kidz.com.au.

Face Painting - One of the Mum’s from our school, for all you face painting needs call Deborah Price on 0403 257 617 or email Deborah@1promotion.com.au

Prestige Sign Group - Local sign writer call 9191 7360.

Kindifarm - Mobile Animal Farm, see Kindifarm at our Carnival, go to www.kindifarm.com or call 9970 8708 for bookings.

Claudine Schoolwear - School Uniform Shop Supplier and uniform sales at Caringbah - call 9526 2525 or visit www.claudineschoolwear.com.au

CarNet Auctions - Most vehicles are at wholesale prices. Browse the current car auction catalogue & specials online. Please mention LHCS for a great deal. Please call Michael Palibrk - 02 9725-4001 or 1300 088 565 or visit carnetauctions.com.au or www.facebook.com/carnetfinance

Club Central Menai - Our local club has undergone a $12 million refurbishment and is now a modern and stylish venue visit www.clubcentralmenai.com.au or call Ph: 9532 1800

Manson Property - Real Estate Agent at Bangor Shopping Centre, call Andrew or Lene on 9543 7355 or visit www.mansonproperty.com.au

Bella Chic Designs - Giftware and Property Styling at Menai Metro, call 9543 3386 or visit www.bellachicdesigns.com.au
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Join us at the Lucas Heights Community Carnival

Science Fair
Saturday 18th October from 11-12 pm

Presentations

Experiments

Displays
From the Support Unit

Fundraiser

The Support Unit is raising funds to purchase a new kitchen to complement our new kitchen appliances from SMEG. We are selling raffle tickets ($2 each or 3 for $5). 1st Prize is a $3700 SMEG Built-in BBQ and 2nd prize is a mystery hamper. They are being sold during most recesses and lunch near the canteen, from the Support Unit as well as the front office.

With Thanks

Mr Steven Foulger

Northcott Athletics Carnival

Several students from the Support Unit went to the Athletics Northcott Carnival at Blacktown on September 3 2014. The events we did were 100m, 200m, 50m race, 50m bean bag race, shot put, discuss and relays.

Lucas Year 7

The Northcott Carnival was at Blacktown Oval. On Wednesday 3 September. It was fun because we got to see other students from different schools and compete against them.

Chithic Year 7
Date for Parent Diaries—NRMA Road Safety Day

On Tuesday, 14 October 2014 K-6 will be hosting an NRMA Science and Road Safety Day. The is a new road safety program, delivered free of charge by the National Roads and Motorists’ Association with the aim of helping students stay safe on the road.

Being a vital part of keeping children safe, we would like to invite parents to attend the first show of the day to see what the students are learning and how the road safety message can be reinforced at home.

After the day each student will bring home the NRMA road safety workbook which contains a four-page Parent Road Safety Lift-Out that serves as a handy reference guide.

The show will run in the junior hall and we will advise a start time in the near future. We look forward to seeing you there.

Cathy Last
Organising Teacher
VISUAL ARTS

Congratulations!

During August 2014, four of our visual arts students were busy with their art-making practice in preparation for entry to the *Building Your Dreams* exhibition in Sydney. I am pleased to report that four of our students were selected to exhibit their artwork. Those students were:

Cameron F, Ben R, Aliesha F and Emily C of year 9. They were successful in winning a prize consisting of tempera paint for the visual arts department. What a great achievement for our students and our school! Each student was highly original in their interpretation of the theme *Building Your Dreams* for which they are to be highly commended for.

*Ms Stojanovski*

Visual Arts teacher

Left: Aliesha F entry
Right: Emily C entry

Cameron F artwork

Ben R at the “Building your Dreams” exhibition.
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’.

News from Heights Bites Canteen

The last day for lunch orders this term is next Wednesday 17 September. The canteen will be open on Thursday and Friday for counter sales only.

Thank you

Lucas Heights Community School is now on Facebook. Please “like” us to follow events at:

www.facebook.com/LucasHeightsCS

REMINDER OF TERM DATES

Last day of term 3—19 September 2014
First day of term 4 students return—Tuesday 7 October
On Wednesday 27 August, we said good bye to our parents and set off to Myuna Bay Sport and Recreation Centre. When we arrived we had a quick lunch and then raced off to our lodges to unpack our luggage. Our first activity was rock climbing. At night we had dinner and a games night at the recreation hall with the other school, Lakelands. The next day we got ready and had breakfast at the dining hall. We then set off for Archery and Bike Riding. Our next activity was canoeing on Lake Macquarie, we travelled to the ‘white bridge’ then to see the long-necked turtles. There were a lot of waves and it was hard to see the turtles heads poke out. Next it was time to get ready for dinner and head to the Recreation hall for the County Fair. The next day after breakfast we headed to the Giant Swing. It was then time to pack our bags and get ready for the trip home. I would recommend the Myuna Bay camp to other students. Seraya A

I really enjoyed the giant swing, although the freefalling part was slightly scary it was extremely fun. I also enjoyed kayaking and we saw an animal swimming which was thought to be a turtle but later we discovered it was a shark. Mia A

The giant swing was awesome! You are lifted up by a rope to the height you wanted and pulled a rope to drop, a great experience and would definitely go back. Jade M

Everyone enjoyed doing archery, kayaking, giant swing and rock climbing conquering their fears and having a go in all activities. Luke R

One of the best things about camp was hanging with friends and going on the giant swing. I loved the feeling when I dropped and also trying things I haven’t done before. Tamiya C

Kayaking with my friends was some of the best fun I’ve had! Liam E

Giant swing for the win! We had a great laugh and talked about how scary and high it was. We all conquered our fear of heights. Phoenix C

I didn’t want to go to the top of the giant swing but I pushed myself and went to the top. Lara C

The weather wasn’t great but we still got to do everything. I loved archery and was so happy when I hit the target. April K

I loved the county fair although I realised that I’m terrible at saving up money. Kayla S

I was a bit short and couldn’t reach some of the rocks on the climbing wall but my team ended up hoisting me. Patrick H

I loved the county fair but I realised that I’ll never get a career in hairdressing. I liked watching Mr Peters on the giant swing as he sang ‘Wrecking Ball’. Jessica W

Pulling the rope so we fall from the giant swing and going kayaking after seeing the shark. Also washing up the dishes with the giant hose. Thomas Y

Camp was the best thing ever at Myuna bay with all of the activities, giant swing being the best rising 15m up in the air and free falling. Jaden C

I conquered the giant swing! Dane G
Mak Club 2014 - Swamped!
FOR THE SLIPIEST K-6 HOLIDAY FUN!
24-26 September 2014

Mak Club 2014 - Swamped!
FOR THE SLIPIEST K-6 HOLIDAY FUN!
24-26 September

Menai Anglican Church
Kindy - Year 6
Great value and flexible registration options
9am - 12.30pm - $15/day or $30 full program
9am - 3pm - $20/day or $50 full program
Doors open 8.30am

Come and join in the fun - games, activities, craft,
cooking, building, sports, a jumping castle, karaoke,
competitions - something for everyone!

Mums, Dads and Guardians, why not relax with a coffee,
and cake or take advantage of the car wash service.
Coffee Spot and Carwash will run each morning.

Register online
WWW.MENAIANGLiCAN.ORG

Save the date for SUPER SUNDAY
CELEBRATIONS for the whole family 10am -
12.30pm on 28 September

MENAI ANGLiCAN CHURCH
Menai Anglican Church
Broughton Place, Barden Ridge,
Ph: 9541 0990 e: office@menaianglican.org
Enrolments are now open for Council’s September school holiday Vacation Care program.

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

The program features many exciting excursions and activities – from making teddy bears and 10 pin bowling to visits to the Tramway Museum and Botanic Gardens’ Jurassic Jungle.

Miranda caters for children age 5-12 and Jannali and Lucas Heights age 5-14.

For program details and enrolment ph: 9710 0466 or visit www.sutherlandshire.nsw.gov.au
Banish the “I’m bored” complaints these holidays

It’s harder in winter to keep kids occupied with anything other than a small screen. Here are some websites that have great tips for things your family can do these school holidays, whether you’re staying put or taking off on a holiday across the state:

Destination NSW  (http://bit.ly/1niJ7sI)

Winter school holidays in Sydney  (http://bit.ly/1nQsVC6)

School holidays in Newcastle  (http://bit.ly/1nljlpg)

Winter school holidays Central Coast (http://bit.ly/1ingSwX)

Attractions for kids in regional NSW  (http://bit.ly/1lE8vMw)


Australian Museum  (http://bit.ly/1uEBhxD)


Kids Camps – NSW Sport and Recreation  (http://bit.ly/1hWxTra)

Keep brains ticking over these holidays

If your child is working on a personal project or a school assignment these school holidays (or you want to make use of the break for a little revision), don’t forget www.SchoolAtoZ.com.au has lots of information and fact sheets to help with homework.

For students polishing their spelling skills, the free Spelling Bee mobile app also allows them to record a list of their own words and then test themselves. You might even want to challenge them with a list you create. Here’s where you’ll find the free app to download: http://bit.ly/Q9ez0G
Sutherland Swimming School
Est. 1959

- Small classes with a structured program catering for 4-12 year olds
- Relaxed, 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

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

30 Sunbury Street, Sutherland
www.sutherlandswimmingschool.com

Ladies Soul Food Art Classes 95321400
Express Your True Self through Visual Art Journaling!!

Inspiriting, Surprising, Enlightening Easy & Fun

Taught by Julie Stapleton, an exhibiting artist of 35 years art experience and founder of The Kids Art Academy.

For details visit www.thekidsartacademy.com.au Perfect for beginners as well!!
Essential in a student’s career pathway planning is the development of a Résumé. A Resume is a document used by individuals to present their background and skill set. Resumes can be used for a variety of reasons but most often to secure new employment. A typical resume contains a summary of relevant job experience and education. The resume is usually one of the first items, along with the cover letter that a potential employer encounters regarding the job seeker and is typically used to screen applicants.

As students begin to plan for full time, part-time and holiday employment there are some simple tips they should remember when preparing their resumes.

**Resume advice**

Your resume should represent you in the best possible way in order to secure an interview. Your resume (or CV – curriculum vitae) is the first thing an employer sees before deciding to invite you for an interview.

**Important notes:**

- Ensure your email address is appropriate, eg Michael.Smith@hotmail.com. Not something like thewizardofoz@hotmail.com
- Ensure your mobile phone voicemail message is appropriate, recording your name and asking the person to leave a message. Employers get a good feel for the type of person they are trying to contact by their voicemail message. Do set up a voicemail so as prospective employers can leave detailed messages with contact details about interviews
- It’s important that your resume contains all the relevant information without being too long. Two pages should be the length if possible. Research shows that employers scan over resumes, rather than read them in detail

Finally as we break for the holidays next week a reminder to **Year 12 students** applying for University, your UAC application must be lodged and paid for by 30th September (or you will get a very large and unnecessary late fee added).
Remember with the standard NSW UAC application you have up to 9 preferences:

1st Preference—is your dream or ideal course—the one you really want to do

2nd and 3rd Preference—next two courses you most want to do if you don’t get your “dream course.

4th, 5th and 6th Preference—might be alternate courses that could provide you a pathway into one of your preferred courses

7th, 8th and last preferences—should be courses with lower published ATAR that might give you an entry into university. From here you can start a course, do well in your first year and reapply for a preferred course.

All Lucas Heights Students are encouraged to use the schools Careers website www.lucasheightscareers.com as there is a wealth of information on all aspects of Career and Transition planning.

**Upcoming Events**

**ACU Open Day - Strathfield campus**
Australian Catholic University Open Day.

*When:* Saturday 13th September 2014  
*Details:* [https://www.acu.edu.au/study_at_acu/future_students/undergraduate/experience_uni_before_you_start/events/open_day/programs_and_dates](https://www.acu.edu.au/study_at_acu/future_students/undergraduate/experience_uni_before_you_start/events/open_day/programs_and_dates)

**Macquarie University Open Day**
Find out about courses and life at Macquarie University.

*When:* Saturday 13th September 2014  
*Details:* [http://openday.mq.edu.au/](http://openday.mq.edu.au/)

**University of Newcastle - Newcastle Open Day**
The event includes a range of activities so you can make the most of your day by

*When:* Tuesday 23rd September 2014  
*Time:* 10am-4pm  
*Location:* Newcastle Campus, University Drive, Callaghan  
*Details:* [http://www.newcastle.edu.au/events/future-students/newcastle-open-day](http://www.newcastle.edu.au/events/future-students/newcastle-open-day)

**University of Notre Dame - Nursing Open Night**
considering studying Nursing? The friendly staff and students of Notre Dames purpose-built School of Nursing invite you to visit our Darlinghurst campus. Take a tour of our well-equipped facilities and gain detailed course information.

*When:* Tuesday 30th September  
*Time:* 4pm-7pm  
*Location:* 160 Oxford St, Darlinghurst  
*Details:* [http://www.nd.edu.au/events/sydney/event-nursing-open-night](http://www.nd.edu.au/events/sydney/event-nursing-open-night)

**UAC - On Time Applications close**
*Tuesday 30th September 2014*

Last date to submit "On-Time" applications to UAC without incurring a late fee.

Mrs Eagles and Ms Smith  
Careers Advisers
The P&C were honoured to be asked to assist in the High School Sports Assembly on 4th September. It is wonderful to see so many students participating in a range of sports. We also have some amazing talent at the school in a range of sports, from Rugby to Triathlons, Dancing to Soccer, individual pursuits and team effort. Thank you to all the parents that encourage your children and drive them to events and training sessions, and thank you to the dedicated school staff who give their time and energy in providing the students with the opportunity to sweat and shine.

I hope that all the dad's out there enjoyed their Father's Day on Sunday. A massive thank you to the following parents who helped out with the very successful Father’s day stall, Kerrie, Nicole R, Jodie, Liz, Julie-Anne, Debbie, Nicole H and Donna. We could not have done it without you.

We can't run a Community Carnival without the help and support of parents and teachers. There are still lots of opportunities to be a part of the fete. All stalls still need parents to help out. regardless of what year your child is in at school, we need you! So please check your child's bag, check your email or jump online to download more information about the Community Carnival and how you can be a part of it.

Anita Gardner
P&C Vice President
NIPPERS IN THE NASHO

ONLY 20 MINUTES FROM HERE

Iconic purpose built club house in the Royal National Park
Ideal club for active families who love the natural environment.
Award winning club for innovation.
Fortnightly meets.
Send a blank email to findoutmore@gariesurfclub.com for information.

www.gariesurfclub.com - Go to nippers