Primary Swimming Carnival
Friday 30 January 2015
**Principal’s Report**

Welcome back to the 2015 school year. Our HSC results are all in and we had some outstanding individual achievements and generally higher than expected results and we are currently determining what tertiary education pathways our students were successful in gaining.

The local State Member of Parliament, Melanie Gibbons visited us on Monday to speak on both the junior and senior assemblies about the $44,000.00 grant we received to construct new twin cricket practice nets. This grant was received through a community partnerships grants scheme that Ms Gibbon’s leads and from the statistics she provided, we clearly received a significant part of the total funds available. My thanks to Mr Mitchell (Secondary DP) and Mrs Tanya Petrou (P&C parent) for writing and coordinating our application.

Sutherland Shire Council has provided significant resources during and soon after the holidays to further improve our playing fields. The fields were sprayed for weeds, cored and top-dressed and are looking terrific. We also had all of the tree mulch graded during the holidays. We will soon be opening the new field for general use and the cricket nets and goal posts will be installed this term.

Painters are currently working in the school for a full external repaint of all existing painted surfaces and the painters will be here for at least another four weeks. These works are somewhat behind schedule due to all the rain we have had.

Both junior school and senior school swimming carnivals have already been run at Revesby Aquatic Centre and I am moved to pass on to you feed-back received from the senior life guard at the centre. He sought me out to advise me that our school was the best performing school he had ever seen, both in terms of general behavior, manners displayed at the centre shop and also participation rates in events. As I reminded everyone this morning on assembly; this type of reputation indirectly benefits students.

After another spectacular presentation Night last year I am somewhat disappointed to report that the event ran at a significant loss for the first time. We are subsequently reviewing the format of this event before planning commences soon for this year’s event. This year is also the last time we will be conducting the event at the Sutherland Entertainment Centre because of Council’s plans for rebuilding.

I look forward to another strong year of student and teacher learning and achievement and further improvements to our school environment.

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

Kevin Haydon
Principal
Crunch&Sip® program

This year at Lucas Heights Community School, we will be implementing the Crunch&Sip® program in K-6 classrooms.

What is Crunch&Sip®?

Crunch&Sip® is a break during class when students can refuel on fruit and vegetables and rehydrate on water. The break assists students with physical and mental performance, as well as concentration in the classroom.

Crunch&Sip® encourages fruit and vegetable snacking and drinking water. Healthy eating behaviours are modelled in the classroom and reinforce the nutrition messages in the PD/H/PE curriculum. By making the consumption of fruit, vegetables and water an everyday occurrence in the classroom, healthy habits can be formed and continued into adolescence and adulthood.

The Crunch&Sip® break gives students the opportunity to eat the piece of fruit that might otherwise be left in their lunchbox. Students are also more likely to eat their fruit or vegetables and drink their water if their friends and peers are all doing it too!

We will begin having Crunch&Sip® breaks in K-3 classrooms on Monday, 16th February (week 4), with Years 4-6 to follow later in the year. Please make sure your child has a piece of fruit or vegetables and small bottle of water each day.

An information session will be held on Wednesday, 11th February in HB11, commencing at 9.10am. Please refer to the separate note for additional information.

Kate Wood and Cathy Last
Crunch&Sip® Coordinators
LHCS Primary Swimming Carnival

Lucas Heights students have made a very positive and successful start to 2015 as demonstrated at the Primary swimming carnival held last Friday 30 January at Revesby Pool.

The high level of participation reflected our school values in action and it was wonderful to see so many children “have a go”.

Equally inspiring was the level of enthusiasm shown by the sport house members, lead very ably and vocally by our newly elected sport house captains and vice captains. There was an encouraging atmosphere pool side right throughout the carnival.

Our primary students are also to be commended on their co-operation and responsible behaviour which added to the day’s enjoyment.

Special mention should be given to the year 9 boys who assisted at the carnival: Riley C, Matt E, Sam G, Callum N and Jared T. Many teachers and parents commented on how supportive they were and the excellent job the boys did as role models for our younger students.

A big thank you goes to Mrs Mealing for her capable organisation and the hours of work done behind the scenes which ensured the day ran smoothly and efficiently.

Our overall winning house was Red. The zone swimming carnival will be held on Tuesday 3 March at Engadine pool. Notes and further information will be given out in the coming weeks.

Mrs Last

Congratulations to our Primary Sport House Captains and Vice Captains for 2015.

Cockatoo—Yellow
Brooke B, Corey C, Amity D, Ben B

Kingsfisher—Blue
Rebecca J, Shelly H, Grace H, Lachlan J

King Parrot—Red
Annalia M, Antonio M, Jamilla-Kate P, Christian K

Lorikeet—Green
Sophie T, Tyles R, Jacinta V, Mikey W
High School Swimming Carnival

We were lucky enough to have a beautiful day for the swimming carnival which saw a number of records broken and maximum participation in the Enduro race by the whole school. Year 12’s Australiana theme was embraced by everyone and they led the way with participation in all the events.

Jesse G was able to break 4 old records and 2 of his own records on the day, totalling 6 new records. Josh W also performed strongly and broke 2 old records.

New Records 16 Boys: Jesse G – 400m Free/200m Free/ 50m Breast/ 200IM/ 100m Free/50m Fly, Joshua W – 50mFree/50m Back

House points were distributed as follows on the day, with many students clocking up valuable points in the endure race and double points in the relays.

Cockatoo – 931
Kingfisher – 857
Lorikeet – 841
King Parrot – 800

Our Age Champions for 2015 are:

<table>
<thead>
<tr>
<th>Boys</th>
<th>Girls</th>
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<tr>
<td>12 Phoenix C</td>
<td>Bronte S</td>
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<tr>
<td>13 Joshua J</td>
<td>Mia A</td>
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<tr>
<td>14 Matthew E</td>
<td>Ella R</td>
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<tr>
<td>15 Riley C</td>
<td>Kristen G</td>
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<tr>
<td>16 Jesse G</td>
<td>Angelika D</td>
</tr>
<tr>
<td>17+ Maclaren M</td>
<td>Jessica C</td>
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</tbody>
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Thankyou to all staff, students and parents who made the swimming carnival such a success.

Zone swimming carnival will be held at Sutherland pool on Monday 2\textsuperscript{nd} March

Mrs Holden

Carnival Organiser

Can you spot the “Mexican” in this photo of our High School students—let Mrs Holden know and you may win a prize!
My e-Diary

As part of our ongoing commitment to the implementation of technology to advance and assist student learning, Lucas Heights Community School is implementing the electronic student E-Diary with all students in years 7-12. Lucas Heights Community School places great value in the direct line of communication between teachers and parents and E-Diary is one mechanism in this process. The development of organisational skills amongst students is a fundamental component of student educational growth and will contribute to a positive attitude towards learning.

Some of the features of the new E-Diary include:

- The ability for all teachers to insert homework to their classes of students
- Allows you, as parents, to log in to check your son/daughters homework status
- The ability for our school to communicate live announcements & update school events
- Communicate school policies & showcase galleries of student works
- The E-Diary is to be used simultaneously with student’s regular diary

In the first few weeks of school, all year 7-12 students will be given assistance to set-up my E-Diary at Lucas Heights Community School. Once all staff and students can log in and access e-diary parents will then receive an email inviting them to register. At this stage it is anticipated that the e-diary will be operating during week 3.

More information about e-diary will be made available via letters sent home, the school newsletter and also the school website.

School Banking

Are you interested in becoming the SCHOOL BANKING COORDINATOR for LHCS?

If you can count small amounts of cash, have basic computer skills and are free for an hour and a half on MONDAYS then this could be the opportunity you were looking for to get involved in the school and directly benefit your children’s learning resources with the commissions received from the Commonwealth Bank.

I’ve been doing the job for the last 6 years and think it’s time to move on.

If this is something you think you may like to do please leave your details at the Front Office or email me at rebecca.embury@det.nsw.edu.au

It’s easy and fun, especially if you bring a friend along to help.

Full training and ongoing assistance will be provided.

I look forward to your interest.

Warm regards,

Bec Embury
School Banking Coordinator
Dear Parents/Carers,

On Thursday's at lunch time, we will be conducting obligation free “try outs” for those students interested in learning a band instrument. If you would like your child to try an instrument and to see which is most suitable for them, please fill in the permission slip at the bottom of this sheet, and return it to the school office.

Once we receive your return slip, your child will be individually assessed for suitability on the instrument they wish to learn. After this we will inform you of the most suitable instrument for your child, along with full details of the music programme.

Thank you for your interest. Please give me a call if you have any queries.

Ian Newham
Bandology Music
0425 280 620

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BAND AND INSTRUMENTAL MUSIC PROGRAMME
Band Instrument Try Outs Permission Slip

*Please tear off and return to the school office.*

Child’s name _______________________________ Class ________

Address ______________________________________

Suburb _____________________________ Post Code ________

Parents/Carers’ names (M) ___________________ (F) __________________

Phone No. (H) ___________________ (Mob) __________________

Email: ______________________________________

Please circle the instrument your child is interested in playing.

Parent/Carer’s Signature __________________________ Date __________
Welcome back to everyone

Year 12 – 2014—Post school survey

Over the coming weeks we will be contacting all our 2014 year 12 students to find out what they are now doing ‘post LHCS’. It is an exciting and daunting time for all our past students as they embark on this new stage of life. As we collate this information we will share with you over the coming weeks some of the pathways our past students are travelling.

Year 12 – 2015

For a large majority of year 12 students the information gathering stage of post school options has begun, with many already attending the first of many expo and open days. Thursday 5 February a large number of year 12 students attended the annual University of Wollongong’s Discovery Day. A bus was chartered from the school and during the day our students attended a variety of sessions of their choice, depending on their academic interests. Students chose from dozens of sessions offered, including Information Systems, The Art of Engineering, Creative Writing and Accountancy. Our Year 12 university aspirants left with a better understanding of degree content, university life and what a university lecture is like. It is hoped with experiences like today their transition from school to University is a less daunting process.

Year 10 — 2015

All year 10 students have been given an information handout that outlines the numerous Career activities that will happen throughout the year, including information on work experience. Parents are asked to read through the information handout so they are familiar with the range of activities in which students participate. At the Parent Information night being held in week 3 we will go through the information sheet in more detail.

In addition students will be given a Work Experience pack that will have all the paperwork that is needed to undertake the work experience program.

Any students thinking about work experience in any of the building/construction trades will need to undergo their OHS White card training induction. This course will be held at school on Tuesday 10 March at a cost of $100. If students are interested they need to collect a permission note from the Careers office and pay at the front office asap.

Please contact the Careers office if you have any questions and don’t forget to regularly check our careers website www.lucasheightscareers.com

Upcoming Events

BIG DAY IN @ UTS

Date: Wednesday 4 March 2015.

Any students in Year 9-12 Interested in Careers in Technology - University of Technology Sydney, invites you to attend its BIG DAY IN and listen to speakers from Animal Logic, Google, IBM, Microsoft, Westpac, WiseTech and many more. Cost is $10 entry per student, Interested students should see Mrs Eagles
ASAP.

Defence Force Information sessions
Army Reserve - Tuesday 10 February 2015
Army officer - Monday 16 February 2015
Australian Defence Force Academy - Thursday 19 February 2015
Trades – Monday 23 February 2015
Navy - Wednesday 25 February 2015

The Information Sessions will be held at Defence Force Recruiting Parramatta – Level 4, 9 George Street, Parramatta, at 6.30pm

These information sessions will be attended by an ADF member who will give specific presentations on the night relating to the particular aspect of the Australian Defence Force.

If you or any of your student wish to attend please RSVP to cptnsw@dfr.com.au specifying the NAME of the Information Session and the DATE they wish to attend, and they will be booked in.

Mrs Eagles
Careers Advisers

Primary Merit Assembly

Blue merit folders will no longer be handed out at morning assemblies. We will now be holding a “Merit Assembly” twice a term at 2.10pm in the Junior Hall, Silver and Gold Certificates will be handed out at this assembly.

Dates are as follows:

Term 1:
Monday 23/2 and 30/3

Term 2
Monday 18/5 and 15/6

Term 3
Monday 10/8 and 14/9

Term 4
TBA

SGSCC's Affordable Coaching = Maximum Success

Affordable Education Courses held at our Hurstville & Jannali Centres
The following Term 1 courses are now available

- Spelling, Reading & Writing - Yrs 1 & 2
- Creative Writing & Public Speaking - Yrs 2 to 6.
- Children’s Maths & English Coaching - Yrs 2 - 6
- Preparation for Selective High Examinations,

For more details please ring
St. George & Sutherland Community College
Tel: 9528-3344 or visit our website www.sgccc.edu.au
When kids ask “the” questions...

Interrelate has the answers!

Interrelate is a specialist organisation with over 85 years’ experience teaching sexuality and relationship education in NSW schools. Interrelate educators are highly trained and skillful presenters.

The topic of sexuality is handled with sensitivity, openness and humour. The program offers an interactive approach to learning, with a variety of audio-visual materials, discussions and games.

**Session 1: Where did I come from?**
1-hour session: years 3-6

**Session 2: Preparing for puberty**
1-hour session: years 5-6
Years 3-4 can attend at parent’s discretion

**Date:** Tuesday, 3rd March 2015

Specialty books are available for purchase on the night.
Keep a look out for flyers (coming home with your child before the program) outlining session content.
Welcome everyone to a new year at Lucas Heights Community School! I trust that you had a great summer holiday and are refreshed and ready for the year ahead.

To new students starting LHCS, I hope you quickly settle into classes and establish new friendship groups. To new parents and staff, I hope that you already feel included and a part of the Lucas Heights Community. The school website and Facebook page are great ways to stay connected to the everyday events happening at the school (and there are lots of them!) This newsletter also provides useful information about upcoming school events and happenings, our children’s perspective on a range of activities and links to helpful resources from the local community.

The P&C will continue to support the school community through working in partnership with the school executive to enhance communication between parents, the school executive and student leadership team. In 2015 we will continue to keep up to date with department and school level changes and achievements, raise and distribute funds to provide additional resources and educational opportunities for our children, as well as assisting in running events such as the upcoming Interrelate workshop (see below for more details). Parents are always very welcome to come along to a P&C meeting, held the first Wednesday of every month at 7:30pm.

We have all been there, “Mum, where do babies come from?”, “Dad, what do you do to make the baby?” “What is “sex”??” and if you haven’t been there yet, trust me, you will be there soon! Then there are the uncomfortable conversations that we avoid about why your child smells more now, why and where hair is going to start growing. Conversations about sexuality and puberty can seem daunting and embarrassing, for both kids and parents. However they are conversations that are so important! For over 85 years Interrelate have been helping parents to have these conversations, from books and information sheets to family information evenings.

Every 2 years the LHCS P&C arrange for Interrelate to come out to talk to parents and primary aged students about sexuality, relationships and preparing for puberty. Families that attend the workshop find them to be informative, age-appropriate and very worthwhile! This year there will be 2 sessions held on Tuesday 3 March at the school.

Where did I come from? (6pm, 1 hour session for year’s 3-6). This session educates children more about how their bodies work and the difference between males and females, including their understanding of conception, fertilisation, foetal development and the birth process.

Preparing for puberty (7:15pm, 1 hour session, year’s 5-6). This session prepares children and parents / caregivers for the physical, social and emotional changes associated with puberty, and addresses changing emotions and relationships with families and peers. (years 3-4 can also attend at parent’s discretion).

At only $25 per family for one session or $30 per family for 2 sessions it is an event not to be missed. Make it a family event and put Tuesday 3 March in your diary. Registration forms will be sent home in the next week.

I look forward to helping to support our school community again in 2015 and hope to see you at a meeting or event this year.

Anita Gardner
P&C Vice President
Dance with friends for Fun and Fitness

Classes are held every Tuesday in the Performance Space at Lucas Heights Community School from 4.30pm starting with Toddlers through to Ladies.

Every girl and lady is graded from Beginners to Experienced.

We teach our Girls to be proud and instill a sense of belonging to our club. We have fun while teaching the girls core strength – flexibility and sportsmanship.

Our Club was awarded Champion Club of 2014 a testament to our girls and ladies hard work and commitment.

We would love to meet you and the first lesson is free so why not give it a try?

Why not have a look at our Website and join us on Facebook?

For more information please call

Maureen……0148 638 614

Dee…………0419 694 144
December 23, 2014

Ms Sandy Gibson
Staff & Students
Lucas Heights Community School
Old Illawarra Road
MENAI NSW 2234

Dear Ms Gibson

I am writing to say a huge thank you for getting behind Bear Cottage once again - we sincerely appreciate your continued support of this wonderful place.

We would like to take this opportunity to share with you a beautiful message from one of our parents. This simple message is really what it’s all about – this is why we do what we do, and why your continued support is so very important to us.

"BEAR COTTAGE"

There are no words that can explain Bear Cottage. It’s such a SPECIAL place for Nicholas, for us, and for so many children and families dealing with a terminal illness. It’s almost sacred. A safe, supportive, magical place for the most special, unique, brave children like Nicholas, and many more at every stage of their journey respite/recovery/end of life.

It’s filled with the biggest hearts to love, care & support your most precious gift, your beautiful child & family. The friendships that are instant, tears that have been shed, heartache that has been shared & celebrating life for way too many amazing Bear Cottage children (heroes) past & present. At times we think of Bear Cottage as God’s guardian angels, here to make things just that little bit easier. SPECIAL ♥”

This was written by one of our amazing parents to Narelle, the Unit Nursing Manager at Bear Cottage. It comes from the heart and encapsulates what Bear Cottage really means to our families.

It is thanks to the generosity and commitment of people like you, that Bear Cottage is able to continue providing vital support and care to our very special children and their families. Really there are no words to say how much this is appreciated.

Thank you all from the bottom of our hearts.

Rebecca Thornely
Supporter Relationship Manager – Bear Cottage
ONE TOUCH FOOTBALL ACADEMY

For more information, please contact Enzo Sansone on 0414 466 021 or visit www.onetouchfootballacademy.com.au

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