PRINCIPAL’S NEWS

So many exciting events have already taken place this term and there are so many more still to come.

Please see if you can make time to attend our Technology Expo (an initiative of the P&C) on Tuesday 26 November, commencing at 7pm in the Common Room. You will get to see our new 3D printer in action, visit the Performance Space and check out the computer operated LED lights and sound system, experience an Interactive Whiteboard lesson and become familiar with our Moodle site and new look website.

We will welcome Year 6 to the school on Wednesday 4 December for Orientation Day. The students have been working with Mr Hetherington (2014 Year 7 Year Adviser) and Mr Schouten to learn more about the High School and what is expected of them next year when they arrive. All parents are most welcome to attend the information evening to take place that evening commencing at 6pm.

Our Annual Awards Night will be held on Monday 9 December. Students who will be receiving awards will be notified by invitation. All parents are most welcome to attend.

The Creative Arts faculty will once again hold their Big Night Out on Wednesday 11 December in the MPC commencing at 7pm. This is a great showcase of the exceptional talent within our school.

I understand that this is a very busy time of the year for everyone – students, staff and parents. Attendance is extremely important and students are expected to be at school every day up to and including Wednesday 18 December.

I look forward to meeting up with you at some of the great events we have taking place over the next couple of weeks.

Ms S Westman

Principal (relieving)
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Recently the majority of year 9 stumbled out of bed on the 4th of November in the haze of the morning. Everyone grabbed their bags and..............

TECHNOLOGY EXPO 2013

CHS North Coast Surf Life Saving Titles –Yamba
A team of six represented Camden Haven High School at these championships.
Being in Yamba, and with an early start, the team.........

DISTANCE EDUCATION NEWS

CAREERS NEWS

SPORTS NEWS

COMMUNITY NEWS
MOVEMBER ROCKS CHHS

This year staff at CHHS will once again support Movember. Over the last 5 years our school community has raised almost $18,000 for the national fundraiser. All money raised goes towards supporting research into prostate cancer which is the second largest cause of death in men. In Australia 3,300 men die from prostate cancer each year.

Funds raised also go to testicular cancer research which is the second most common cancer, behind skin cancers, in young men aged 18 – 39 years. It starts as an abnormal growth or tumour that develops in one or both testicles. It is a highly treatable type of cancer with a very good cure rate (about 95%) if found and treated early.

Also money from the fundraiser goes to support organisations such as beyond blue http://www.beyondblue.org.au/ Over their lifetime, mental illness affects almost half the Australian population. Depression and anxiety are serious illnesses affecting many Australians. Men in particular, face a unique set of challenges when it comes to managing their mental wellbeing, with the associated stigma (of shame and embarrassment) often preventing them from seeking help and taking action.

On Thursday 21st November the SRC will run its annual Pink and Blue day to raise money for breast cancer research and for Movember. If anyone would like to donate online to the school staff team log on to Movember at http://au.movember.com/?home click on DONATE then enter in the team Camden haven high school.

If any parent or friend would like more information about the school Movemeber fundraiser please contact Darren Mearrick

Camden Haven High School also promotes the use of The Gold Book for men and women, a service manual for health. Our students use this book in class to promote preventative health. If you would like a copy or copies of this book, they are available from Mr Williams for $2 each (which gets donated to the Cancer Council.)
YEAR 12 2014 NEWS

RRISK

All of our students attended the RRISK workshop at Port Macquarie Panthers last Friday with a number of other schools. This detailed the ramifications of drugs and alcohol and how to help a friend if they get in trouble. It was a fantastic day and our students behaved impeccably and represented our school very well. I’d like to thank our peer mentors: Dale Finch, Erica Johnson, Chloe Lockhart, Naomi Saunders, Emily McColgan, Dylan Wood, Louie Allain, Kayla Anderson, Fiona Biggs and Alana Kidd. These students attended a training session so they could instruct their peers in placing someone in the recovery position and basic first aid if needed. A big thank you also to the supervising teachers Todd Dalton, Kyna Waite and Michael Fowler for their assistance on the day.

The MYSTERY TOUR is coming..................

As a reward for being responsible, respectful senior students who strive to do their best, all of our Year 12 2014 students are invited to attend our mystery tour fun day on the 18th of December. Permission notes will be coming out soon, so please be on the lookout. We can’t tell you where you are going, or what you will be doing…. But we can tell you it is going to be a lot of fun!!! At this point, the cost is $35 however this is approximate, so please don’t pay any money to the front office until the permission note comes out.

POWER OF CHOICE

On Monday 25th November, all of our students will attend a series of workshops alongside Wauchope High School here at Camden Haven High School from period 2 – 4. A BBQ lunch will also be provided to our students. These workshops are directed at identifying appropriate choices in terms of student safety when driving. This will be a great day and I’m sure the students will find this a worthwhile experience.

CAR WASH

As a fundraising idea for the Year 12 formal in 2014, we will be hosting a car wash on Monday the 16th December. Staff members will be able to get the exterior of their car washed for a bargain price. I will be calling for student volunteers shortly, so please volunteer if you can.

MENTORS

By now all students who have applied for a mentor should have had a meeting with their mentor in preparation for your assessment weeks at the end of this term. Please ensure you are working steadily on your assessment tasks, ask for help if you need to and work diligently in your study periods.
On the 11th of November Camden Haven High School and North Haven Primary School competed in the State First Lego League Robotic Competition at Narrabeen Sports High in Sydney. The teams were sponsored by the Laurieton Rotary Club who helped with providing the students robots to use in the competition and as teaching tools in the classroom.

The competition is based around teams of up to 10 students aged between 9 and 16. The students learn about a modern scientific problem and develop solutions for it, while having fun with robots. The competition is a multi-part competition judged on three important elements:

1. The Robot: students design, build and program a LEGO robot to complete a series of challenges in only 2 minutes and 30 seconds.

2. The Project: students identify problems regarding the theme for the year and develop solutions to solve these problems, which are always related to modern-day problems of the world. This year’s theme was Nature’s Fury focusing on Natural Disasters.

3. Core Values: Throughout the competition, teams are judged on their teamwork, cooperation, Gracious Professionalism®, kindness to other teams, and sportsmanship. This aims to make students the best competitors, citizens, problem-solvers and engineers they can be.

Camden Haven High School was represented by 2 teams (Year 7/8 and Year 9/10) with 1 from North Haven Public School. All teams’ participation was excellent with Camden Haven Stage 5 winning the Core Values element and earning enough points to gain a spot in the National competition at Macquarie University in December. Not to be outdone the Year 6 team from North Haven won the Rising Star Award for best rookie team.
COWS CREATE CAREERS

On the 29th of July, some students of the Yr. 8 Ag class had the opportunity to participate in a competition run by Dairy Australia.

The aim of the competition was to successfully look after two dairy calves while documenting their progress and behaviour for three weeks. The calves were lent to us by Sandra and Bob Baker that own a dairy farm in Kendall. We named the calves Cisco and Poppy. With the information that we documented we created a newsletter called The Mooos-Letter.

At the end of the four weeks we attended a presentation day in Wauchope with the other high schools where we participated in various games and activities all to do with the dairy industry. We each received a certificate and prizes as well as a blue ribbon which is now displayed in the Ag Plot.

It was a very fun and educational experience and we hope to do it again next year.

By Charlotte McQuillan, Jacinta Ostler, Skyla Kettles, Shania Madden and Arora Attenborough.

Pictured below: Up close with Cisco and Shania Madden
Our Café Skills girls Patricia Jones, Halima Wambui, Rhiannon Mason, Cassandra Hawkins and Ashlee McLaren with resident Fred.

Last Thursday the Camden Haven High School Café Skills girls visited The Widdon Group Aged Care Home in Laurieton. The girls took along some baked treats they had prepared, and did a wonderful job of serving the residents morning tea, showing off their coffee making skills. The residents were delighted with the visit, the loved chatting with the girls and of course enjoyed the coffee and treats. The girls are looking forward to another visit in possibly Week 8 and are currently busy honing their barista skills and baking more goodies to take.

Cassandra Hawkins and Ashlee McLaren making great coffee!
On Wednesday the Year 8 Agriculture Technology class went to Barbushco Organic foods and the class got a tour of their farm and they showed us how they processed the plants. Some of the plants were Lemon Myrtle, Aniseed Myrtle, Dorrigo Pepper and lots more. The class also got to try some of their foods that were made out of the food they grow at the farm. The one I liked the most was the Lemon Myrtle Cheese Cake.

Lemon Myrtle Cheese Cake Slice

Ingredients

- 2 Packets lattice biscuits.
- 125 g margarine or butter.
- 2 teaspoons of ground lemon myrtle.
- 2 teaspoons of gelatine.
- 250 g cream cheese.
- 2 teaspoons of vanilla essence.
- 1 cup castor sugar.

Directions

- Cream butter, cheese, sugar and vanilla essence.
- Add lemon myrtle.
- Gradually add gelatine (see note), and beat until fluffy.
- Line 10” x 8” tray with biscuits (glossy side down).
- Pour mixture on top and spread evenly.
- Place more biscuits (glossy side up).
- Refrigerate.

Special Note

- Gelatine must be mixed with a little cold water using a glass.
- Then immerse glass in a bowl of hot water to dissolve it properly
Students Go to Farms to Experience Rural Life

On the 30th of October, students that are studying Agriculture in year 8 and their teachers, Mrs Neville, Mrs Read and Ms Graham visited Barbushco, a local bush food company and Lorne Park the farm owned by Mrs Neville.

Barbushco showed them what native plants they cultivate, how they harvest the plants, how they prepare their plants to make certain products, and shared samples of their products. They use native Lemon Myrtle, Aniseed Myrtle, Davidson Plum, Bush Tomatoes and the Dorrigo Pepper. These are either distilled into oils, or dried and made into spices, sauces, marmalades and pastas.

At Lorne Park, Mrs Neville’s farm, the group participated in activities such as building electric fences, driving tractors, and drenching cows with Dectomax. They had a competition where they had to make an electric fence 100 metres long. The tractor work consisted of learning to start a tractor, using the clutch, and mowing a lawn with a slasher. We learnt how to drench cattle, and record the score of the cattle’s fat storage.

Quite a few of the visitors of Lorne Park did not know how to do half of the tasks on the day and they gained a lot of knowledge about agricultural activities. Some of their favourite activities were driving the tractor and tasting the food which was especially tasty. The teachers did a great job supervising the students and organising the activities for the day and the Yr 8 class was very grateful for the opportunity they had.
ADMINISTRATION HAPPENINGS

PERMISSION TO PUBLISH
Due to the great work our students and staff are always doing; we often publish items on our website, newsletter, foyer television etc.

In an endeavour to keep our school records current, if there is a change of circumstances to having your child published please notify the front office on 6556 8100 or email the school camdenhave-h.school@det.nsw.edu.au

SMS ATTENDANCE
In coming weeks we will be trialling an extra communication method with parents and community members. We will be sending SMS texts relating to student attendance.

To have the most up to date details we will be posting home communication form to update current mobile numbers.

We look forward to your support of this program.

YEAR 12 2013 LOCKERS
If you have a locker could you please make sure you clean it out before you sign out of school. You will be able to collect your refund by seeing Ms Collard or going to the front office. It is important that lockers are cleared so next year’s students can have access to them.

UNIFORM SHOP
The end of term 4 is approaching quickly - I can’t believe how fast this year has gone! Our first year of operation has been successful, with our new uniform being received well.

Organisation has begun for the Year 6 information night, where we will have a few students modelling the school uniform for parents. I will be available on the night to answer any questions, and the uniform shop will be open during the day from 8:30-10:30 am, and 3:30-6:00 pm.

So, very soon we will be getting an influx of 2014 Year 7 students! If you have a child or know of friends with children going into Year 7 next year, I recommend you come in to purchase uniforms before the end of this term. The first 2 weeks of opening in January this year proved to be a busy period, so to avoid line ups I encourage parents to come and visit us soon in the uniform shop!

See our flyer below for our opening times during the Christmas school holidays.

Carla McInnes
Camden Haven High School
Uniform Shop Co-ordinator.
Camden Haven High School
Uniform Shop Special Opening Hours

December 2013 – January 2014

DECEMBER 2013

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THEN EVERY

TUESDAY: 8.30am – 11.30am
THURSDAY: 1.00pm – 4.00pm

PRICE LIST ON THE BACK
MASTERCARD & VISA ACCEPTED, EFTPOS NOW AVAILABLE

Office contact person: Tania Walsh
Email: Tania.walsh@det.nsw.edu.au
PINK AND BLUE DAY

Thursday 21st November – Period 4 onwards

Get your teams entered! -10 in a team

-$5 for each team...

That’s only 50c each!

Fun games!

Netball – Touch Footy – Tug-o-war- Basketball – Volley ball and more

-Wet sponge throws at the teachers!

-throw footy at a can of coke, bowl a coin from the cricket stumps, handball & more .............

FUTSAL MATCH
Staff v’s students PERIOD 5
Option of SPECIAL up the front seating for $10 (including chips and drink)
BOOK IT IN!!!!
Creative Cakes has been working extra hard this semester, learning new techniques and creating some amazing two tiered and novelty cakes. Along with learning lots of new skills, we have also been busy fundraising for two charities. Earlier in the year, the students agreed to raise money by baking cupcakes each term. The first three terms students baked their little hearts out to raise $450.00 for the Sunrise Village Orphanage in Cambodia. This term we baked roughly 150 cupcakes to raise money for Movember. We were very excited to raise $290.00 for this very worthwhile cause and as you can see from the pictures, we have also produced some expert cake decorators.

Rachael Long

Shannaye Hartland
CAMP COBARK

Last week 19 students from Year 9 Vet Care and Year 10 Agrifoods had a great 3 days of horse and cattle work at Camp Cobark at the foot of the Barrington Tops. Camp Cobark is part of a 3,000 acre working cattle property with over 200 breeders, 12 bulls and around 70 horses.

The kids experienced over 8 hours of horse riding including mustering in paddocks, crossing rivers and creeks, droving along country roads over bridges and dealing with local traffic, climbing up and down steep hills and learning to saddle and unsaddle their horse.

They got to yard cattle on horseback and then draft, drench and worm the cattle before moving them on to a new paddock. On the second day they got on their horse before 9 o’clock and got off after 4pm. This was longer than their normal school day. The kids when for long periods without a bite to eat and drank from the beautiful river. This was a great taste of the life on the land.

The kids were responsible for preparing their meals and cleaning up afterwards and it was great to see some very willing workers who led the way and looked after their friends. Some real leaders emerged over the three days and it was great to see these qualities develop in a working environment.
The property had no mobile phone reception despite the kids climbing mountains to try. There was a crystal clear river running behind our cabins with a great swimming hole which copped a workout after a day in the saddle.
Some kids quickly earned nick names due to their antics and personalities and these are just a few of many incidents.
Felicity “Wanna Be” Lowe had her name after 10 minutes of pestering the owner.
Jacob “Fine Cotton” Hensch who tried to swap his horse for someone else’s.
You Tarzan, Me Annie for Annie Beukers after swinging from a branch to dismount her horse.
Sophie Turner changed her musical taste from Buckman Turner Overdrive to Johnnie Be Good.
Amanda “Bronco” Bruce changed from the Midnight Rambler to the Midnight Cowboy after surviving a brief fright on her horse.
Lenai McNaughton took out the “June Dally Watkins” deportment award for the best posture on horseback.
Imogen Deutscher rode her German namesake Bizmarck and did a great job leading the sing-along on horseback.
Staff members Ms Cutler and Mr. Kelly were very proud of the students for both their behaviour and also the progress they made with their riding skills. The teachers also had a great 3 days.
YEAR 9 GOLD COAST EXCURSION

Recently the majority of year 9 stumbled out of bed on the 4th of November in the haze of the morning. Everyone grabbed their bags and assembled their thoughts for the exciting journey ahead. We joined each other’s company as we patiently waited for the buses to arrive to take us 9 hours right into the Gold Coast. The buses arrived and everyone helped each other as they packed the bus full with bags and masses of make-up. We then fell into our seats warmed by the smiling cheery faces of Ron and Mike the bus drivers who were accompanying us on our trip.

The constant singing and speakers being blasted throughout Mike’s bus would normally be enough to turn someone crazy, but everyone was in good spirits and was carefree as they happily joined in. Even the quietest and docile of the bunch were singing and laughing and getting along while on Ron’s bus. They were catching up on lost sleep and playing little bus games like Pokémon, Spotto or “Dan Murphy”, where they would sporadically yell out “Dan Murphy!” for little or no reason.

As we arrived, we eagerly welcomed the bright sun, warm climate and friendly atmosphere. We were quickly welcomed by the centre manager who introduced all the conveniences and privileges.

That night we were driven to the Iceland ice skating centre where we had some falls and triumphant moments. We all worked together to help each other overcome the challenges of the ice. There were memorable moments such as Lachie Peterson and Daisy Skerrit as they were helping each other on the ice, Lachie was teaching Daisy and showing her not to be afraid to fall down, and she did fall, but she kept at it and succeeded. Then there was Ben Makin, Toby Otto and Conner Perkins who fell over countless times but always got back up ready for the next fall. Jack Verey was always there to record the mishaps and successes of Year 9, but was yet to film Zac Van Dyck while he was attempting to race Toby Otto and Ben Makin from one end to the other but tripped over his feet and slid right into the wall as Ben and Toby safely glided to a stop.

That night everyone was tired and soon fell to bed, although Lucas Coulton had a rough night due to the fist sized blisters on his feet. The next morning we once again stumbled out of bed and continued across the centre to the food court where we had quite average tasting food. We then continued to Dreamworld where we went on rides like the Kung Fu Panda, Cyclone, Giant Drop, Tower of Terror and Buzz Saw. Many people conquered the Giant Drop while others like Maddy Williams enjoyed rides like the Kung Fu Panda where she burst the eardrums of unsuspecting victims sitting near her. We came back tired to their cabins where we played volleyball or basketball while others retired to their joined lounge rooms and mingled with other students they have never talked to before. Many went to sleep at 10 pm.
The next morning we woke up excited for another day of rides. While Maddy Williams made it her duty for everyone to be awake in time, Mr Irvin made sure everything went smoothly in our cabin and he did a very good job. Him, Mr Moss, Ms Divine, Mr Sainsbury and T Joined in with the students everywhere they went and had just as much fun. They did a great job in making sure everyone was safe and having fun.

That same day we continued to Wet and Wild. We all made sure that everyone went on every ride. We had some fun times like when Mr Irvin and Mr Moss went down the Kamikaze or when Jake Simiana, Talyn Kinnaird, Scotty Witchard and Jack Verey went down the water slide that had a very ominous looking loop in it. It was a very eventful day as we had good food and great rides. That night everyone was very tired and many fell asleep during the movie while others played laser tag. After that we all went to sleep once again excited for the next day.

The next day was full of enthusiasm as we ventured to Movie World where people were buying each other gifts and comforting each other on the intense rides like Arkham Asylum, Superman Escape and the Green lantern. We had great food and an even better day. With all the shops and rides at their disposal we took advantage of the conveniences, then we continued straight to the Factory Outlets where people bought many things at amazing prices, like Coen Latimore who bought a gold plated watch for $90 when it was supposed to be $500 or Toby Otto when he bought a Manchester jersey. After that we headed to Pacific Fair where we bought even more stuff and hung out for 3 hours under the excellent supervision of the teachers on board. We then went back to the cabins for the last night as we were due to leave the next day.

The ride back was similar to the ride up with games and singing and general mateship. It was disappointing that it was ending so soon, but we all had fun and enjoyed each other’s company greatly. Camp was the place where everyone got along and rivalries were stopped. For that special time everyone became friends. They brought back the expected and unexpected. For many, camp was the highlight of the year.

By Zack, Maddy and Coen.
Technology Expo

Join us for our inaugural Technology Expo

November 26 at 7pm

Camden Haven High School
Common Room
An initiative of the P&C
A team of six represented Camden Haven High School at these championships. Being in Yamba, and with an early start, the team camped overnight in Yuragir National Park.

The students appeared to enjoy roasting marshmallows on the fire. There was a little consternation about snakes, given the tiny specimen found obstructing the path to the toilets found by Ms Griffith. Everything went according to plan, without drama, and we arrived on time at the beach ready to go.

All students had a go and did their best. Training was rewarded. Samantha Kirkwood and Troy Wilkinson can be seen at the pool putting in the hard yards, and they reaped the rewards. Samantha came second in the flags and the swim events. Troy is over coming second, having been defeated last year by the same student from Byron Bay in most events. So he increased his training. In both the swim and the board events Troy motored away from his rival in the last third, a clear statement of superior fitness and intent. In fact Troy won the sprint, the flags, the swim, the board, and the iron person which was all the events for U15 boys, hence becoming age champion. Congratulations on a dominant performance Troy.

The full team was Troy Wilkinson, Samantha Kirkwood, Sienna Buckley, Michael Wolstenholme, Connah Wilson and Kirsty Kneipp.
DISTANCE EDUCATION NEWS

Japanese HSC Day

Japanese Continuers HSC Distance Education students came to Camden Haven High School on 30 October 2013, for a Single Course Day.

The six students travelled from Bellingen, Coffs Harbour, Tamworth, Taree and Lake Macquarie and enjoyed the opportunity to meet each other, find out about the HSC course, participate in some Japanese language sessions and cook Japanese food on the BBQ.

Left to Right: Julia Michelsen, Lani Dean, Tiffany Van Dam, Jasmyne Rushbrook, Savannah Pilgrim, Joshua Lowe, Ms Naomi Miles (Teacher)

Liam Smith Y8 and the New enrolment package

Liam Smith in Year 8 is new to studying at CHHS via Distance Education. The Year Coordinator and teachers met up with him at the Manning Valley Learning Centre (MVLC) in Taree. Liam found getting started on all his weekly work was easy due to the CHHS DE support team’s initiative of a new enrolment package.

New enrolment packages have been developed by Head teachers Cassie Holland and Graham Moyses.

Liam is shown here with the NEW organised subject folders and his first week’s work presented in a clear case. The excellent quality of Liam’s first weeks work indicates organisation, communication and motivation have been vital to his learning success.
Ipads and DE admin

Ipads are a new learning resource that CHHS teachers take to the Support Centres to develop student’s ICT skills. CHHS Distance Education administration staff member Rosena McMillan pictured in the DE office checking that the bank of five Ipads is fully charged. The creative Ipad bank has been fashioned by CHHS GA Brett Bradney and is complete with trolley and a power board. In the background of the picture can be seen all the student’s and teacher’s mail tubs which hold the students’ coursework before it is dispatched by the DE administration team.

The image on the right was created on the NEW ipads that students are using at the CHHS DE Support Centres.

Only when Zac Munro found out there were Ipads in the support centre would he get out of the car and join the team. The music task for Year 8 was to design a musician / CD cover and draw it on the paper provided. Working together the teacher and student at the support centre were able to adapt the task to producing the CD cover on the Ipad. Zac Munro using the application ‘Avatar Creator’ and blended learning worked through the sequence of building the musician’s portrait.
CHHS support centres are now operating all around the region and have great teams of executive staff, teachers, learning support aides, parents and students.

Ms Lloyd-James Year 8 Coordinator, took this clip of Manning Valley Learning Centre when she and Maths teacher, Karla Schmalkuche visited Taree in November. MVLC is a friendly learning space, where students can access the internet, use computers and ipads and with support from the team get their coursework done. Liam Smith Yr8 is completing his getting to know you booklet. Kimberley Tisdell Yr10 gets assistance with her compulsory paperwork “all my own work”. It’s great to see the ‘light bulb’ moment when Nick Northam Yr8 is explained a maths concept by Karla. Charlotte Tinson Yr8 has some support to do better on her English title pages.

Attending the learning support centres and working with the team on a regular basis is a great way for students to get the most out of Distance Education.
**CAREERS NEWS**

In this newsletter, I’d like to provide some information to parents about how you can assist your children in the career decision making process.

ie: Parents as Career Coaches.

Career development assists students to develop knowledge, skills and attitudes which help them to make informed decisions about school and post-school education, employment and training options.

As a parent or carer the part you play is very important in helping your student to make these choices. Making career choices has never been easy, but the “world of work” is now so complex that you and your children need to do careful investigation so that their career can be properly planned.

Research shows that parents and carers have the greatest influence on their children’s career choice. This doesn’t deny the strong influence that peer groups, the media and people in the school environment may have. The difference is that you are probably going to be the most anxious participant in these career decisions.

The workplace your children will enter may be very different to when you started working – so don’t assume that you don’t need to do your research too.

There is no doubt that our world is changing rapidly and that this has an enormous impact on the way we work.

Reality: A single issue of the Weekend Australian contains more information than the average person came across in their lifetime in 17th century England.

Reality: A student leaving school today can expect six to ten job changes and three to five different occupations during their lifetime. They may spend time unemployed, be involved in education throughout their lifetime and move away from the area or country where they were born and will be involved in jobs/careers that do not yet exist.

Some strategies to help your teenagers with their career choices:

Remain positive.

No matter how complex and confusing the changes in employment and training may seem the majority of school leavers now have access to a number of vocational pathway opportunities.

Try to avoid the “What are you going to do/be when you leave school?” type questions.

These questions are often very confronting. Instead take the opportunity to talk about career options whenever possible, for example when a news item appears on a current affairs program or, when a university/TAFE Open Day is approaching.

Encourage them to develop positive self-esteem

Focus on their achievements – but not just at school. Acknowledge their efforts in all their activities – keeping their room tidy, participating in sport, community activities, setting goals and achieving them.

Show them you believe in them!
Allow for a change in direction

It is very unusual for a student to choose a career at a very early age and never waiver in their choice. Be prepared for changes in direction and encourage your teenager to continue to explore a variety of options.

Encourage them to learn from their mistakes

Even if you feel uncertain about their choice, remain positive as they make their first steps towards their career. It isn’t the end of the world if they choose the wrong work experience or subject. Discovering that a previous career interest is not for them is a positive step in the decision making process as it gives them the time to re-assess their interests and to broaden their options.

Encourage them to find an industry contact

When a teenager begins to express an interest in a particular career, if it is possible, help them to establish links with someone in that field. This person can then provide direct, first hand information link with that particular occupation or industry.

Networking

Students should be actively encouraged to develop an information network themselves. This network could well be friends, neighbours, part-time work employers, work experience employers and your family’s builder/car repairer/plumber/accountant, etc. (depending on their career interests) and other contacts etc. made by the student. The network serves two purposes – it allows students to gain realistic insights into their chosen career and it broadens their chances of finding jobs as a large number of vacancies are only advertised by word-of-mouth.

Share your experiences

Talk to your teenagers about your own experiences of work and study and your reasons for making particular career decisions. Discuss the problems you have faced and how you dealt with them. Speak openly of the positive and negative aspects of the jobs you have done.

Respect their feelings and their privacy.

Do they have someone special, perhaps not always you, to confide in? A relative, family or professional friend or someone who is interested in young people like a sports group leader can provide a sympathetic ear. Each student is special and needs someone to listen in a special way. No matter how strongly you may feel about what your teenagers are doing, there may be times when you need to be able to step back from the situation.

I hope this helps.

Dave Gray

Careers Advisor
SPORTS NEWS

GIRLS OPEN CRICKET

BACK ROW: Arora Attenborough, Kristen Francis, Hayley Griffis, Courtney Hanlon, Samantha Piper, Wade Bellamy, Brooke Williams.

FRONT ROW: Kirsty Kneipp, Sasha Dubrovsky, Georgia Choat, Brooke Baldry.

Camden Haven High School enjoyed overwhelming success in Round 2 of the Girls Opens Cricket Match against Melville High School. Played at Melville, the girls went in with confidence (some with too much it seemed, focusing more so on dancing on the field rather than the game :-p), winning the toss and electing to bowl first. This decision by Captain Courtney Hanlon reflected the strong bowling attack on our side.

Samantha Piper and Hayley Griffis led the attack, dismissing the Melville opening batters for just 6 runs. Brooke Williams soon followed in the bowling attack, claiming 2 wickets for 6 runs in her 4 over spell. Samantha Piper managed to take two screaming catches to keep the runs down throughout Melville’s innings. In her last season for CHHS, Courtney Hanlon also claimed 2 wickets, one bowled and the other caught and bowled. Melville were all out for 59 runs from 21 overs. Brooke Williams and Brooke Baldry were the opening batters for CHHS. Both were confident that they could stay in the middle and get the runs required without a fall of wickets. And that’s how it remained. Both girls played exceptionally well, hitting 61 deliveries to defeat Melville by 10 wickets. Player of the match went to Brooke Williams for her outstanding all round efforts on the day and her ability to encourage the rest of the team to play on their toes and have fun.

Round 3 saw the girls travel to Kendall Oval to play Westport High School. This match would prove to go down to the wire. CHHS won the toss and elected to bowl first. Openers Brooke Williams and Samantha Piper were consistent in their bowling, with Sam claiming the opening wicket, bowling the Westport batter for 1/3 off the first over. Westport rallied and responded well, batting strong and keeping the run rate up. Sam and Brooke managed to claim 2 wickets each, all bowled deliveries. Unfortunately, we were off line on some occasions and our sundries tallied up. Shannaye Hartland, Kristen Francis and Courtney Hanlon managed three more wickets for CHHS, but it wasn’t enough to restrict Westports total of 8/166. Samantha Piper came out firing with the bat, managing to remain at the crease until the fall of the 8th wicket. The girls played exceptionally well but fell 31 runs short of the total with three overs remaining.

Well done to the girls for making it to Round Three and playing so well as a team. We farewell Sam Piper and Courtney Hanlon who played their last games now being in Year 12.
Australasian Champion of Champions Futsal Tournament

Recently three teams from our school represented our region in the Australasian Champion of Champions Futsal Tournament held at Runaway Bay on the Gold Coast for the juniors and Tweed Heads for the senior teams.

Our school sent two junior teams—the under 15 boys and the under 16 girls. These teams travelled to the Gold Coast to take place in this elite tournament to compete against the best teams in Australasia. Our boys team had played in this penultimate tournament previously and displayed some excellent teamwork and individual brilliance to vigorously compete against some extremely talented opposition. Whilst this team didn’t progress into the semi-finals elimination round, their team game and strategy continued to improve.

Our under 16 girls played extremely well in their first tournament of this standard and learnt some valuable lessons about the skill level and physicality of a three day tournament. Our team won one game and lost three others by the narrowest of margins which bodes well for our future girl teams.

Our senior boys team travelled to Tweed Heads to play their final tournament of the year. They won some very physical and fast games, yet they needed one more win to progress into the semi-final elimination rounds. Our team played well and never stopped competing against some skilled opposition.

These tournaments were held over three days including the weekend and the teachers involved in providing these students with such an opportunity to play at this level also need some sincere thanks.

Our school is continuing to develop and encourage some very talented futsal players and teams. We should be very proud of their efforts.

R. Rowe
Under 16 Girls
Back Row: Sami Dunk (manager), Shannaye Hartland, Amanda Bruce, Hannah Forwood, Wade Bellamy, Rod Rowe (coach)
Front Row: Sherena Buttsworth, Kailey Boylan, Sharna Drury, Kristen Francis, Sienna Buckley

Under 15 Boys
Back row: Rod Rowe (coach), Kyle Beard, Riley Papas, Daniel Morgan, Michael Wolstenholme, Ben Makin, Scott Witchard.
Front Row: Lachlan Swan, Toby Otto, Troy Wilkinson

14’s Boys Cricket
On Thursday the 14th of November the under 14’s boys cricket team took on Melville High School at Laurieton Oval in the third round of the U 14’s District Schools Tournament.

Camden Haven High won the toss and elected to bowl first, restricting the visitors to 9 for 177. The wickets were shared with Matt Kniepp taking 3-21 off 5 overs, Shaun White with 2-29 off 8 and Anthony Owers chipped in with 2-8 off 4. The standout of the bowlers however, was Zac Alchin who was unlucky not to take a wicket after bowling five maiden overs for figures of 0-17 off 8 overs, and a run out.

The run chase got off to a shaky start, losing three quick wickets, including key batsmen Ben Morgan and Jacob Wilkie. Reeling at three for eleven, Shaun White and Matt Kniepp backed up their efforts with the ball to produce a handy 65 run partnership with the bat. Quick running and hard hitting from the pair put the pressure right back on Melville. Unfortunately, this partnership was broken when Matt Kniepp was dismissed for 31. Shaun White tried his best to continue the momentum but was later dismissed for 37. From there the Melville bowlers took control of the game and bowled Camden Haven High out for 101 to claim a 76 run win.

The Camden Haven High boys can be proud of their efforts throughout the tournament, particularly the boys who had never played before. Their sportsmanship and enthusiasm for the game made them a pleasure to coach. I’m sure they’ll come back as wiser and stronger cricketers next year.

Phil McVicar
Oral Health Contact Centre on 1300 651 625.

All children aged between 0-18 are eligible to receive free general dental treatment through the Mid North Coast Local Health Network. Parents do not need to hold a pension card or health care card for their child to be eligible.

Please call the Oral Health Contact Centre on 1300 651 625 if you would like your child to have a check-up. Although they may be placed on a list, the waiting times are minimal at present.

The Mid North Coast Local Health Network has dental clinics situated in:

Port Macquarie: - Morton Street (Old Hospital)
                 Port Macquarie

Wauchope: - Wauchope Community Health Campus
           High Street (adjacent to hospital)
           Wauchope

Laurieton: - Camden Haven Community Health Campus
            Laurie Street Laurieton

Kempsey: - Kempsey Community Health Campus (in hospital grounds)
           Polwood Street Kempsey

Mid North Coast Local Health Network
Oral Health Services
PO Box 126
Port Macquarie 2444
Tel 1300 651 625
Website www.ncahs.nsw.gov.au
NOMINATIONS ARE NOW OPEN FOR THE 2014
AUSTRALIA DAY AWARDS

Young Citizen of the Year - 16-30 years
Citizen of the Year - 31-65 years
Senior Citizen of the Year - 65 years +
Community Group of the Year

Nominations close
29 November 2013

Nominations must be made by an individual or organisation online at:
PORT MACQUARIE TRIATHLON CLUB

proudly presents the:

2013 AUSSIE
CAMDEN HAVEN TRIATHLON FESTIVAL
30th NOV & 1st DEC 2013

JUNIOR PRESENTATION
at the LAURIETON UNITED SERVICES CLUB
Saturday 30th November @4.00pm
Including a Major Prize Draw of
a new junior bike from Laurieton Cycles!

1KM OCEAN SWIM
High School age & up
Saturday 30th Nov - 12.00pm Start

JUNIOR TRIATHLONS
Various Distances for Ages 6 — 15
Saturday 30th Nov from 1.00pm

SENIOR TRIATHLON
600m swim, 28km cycle, 6.5km run
Sunday 1st Dec—7.00am Start

PORT MACQUARIE
02 6584 5500

LAURIETON CYCLES
16A Bell St Dunbogan NSW 2443
For Accommodation bookings, ring
(02) 6559 9375

For more information,
entry fees and forms:
www.portmactriclub.com.au
or contact Club President
Andrew Lister on
0406316228
30 Spectacular Years

Saturday 30 November

Replay Sunday 1 December   Catch Up jump-in.com.au

www.schoolsspectacular.com.au
Wayne Richards
Sporting Talent Grant

The Sporting Fund offers financial support for Hastings-based athletes APPLY NOW

One special grant to the value of $4,000 is offered once a year on top of the regular funding provided to local athletes aged between 13-21 years.

The grant is offered as a tribute to former Mayor, the late Cr Wayne Richards. Wayne was instrumental in the formation of the Sporting Fund in 1999 and was a passionate supporter of youth and sport in the Hastings.

ONLINE APPLICATIONS
Open: 15th October 2012
Close: 30th January 2013
For more information please call (02) 6581 8111 or go to - www.pmhc.nsw.gov.au/WRSTG2012

Wayne Richards
Sporting Scholarship

ONLINE APPLICATIONS
Open: 28th October 2013
Close: 31st January 2014
For more information please call (02) 6581 8111 or go to - www.pmhc.smartrigrants.com.au/WRSS2014
The White Ribbon Coastal Walk is a FREE community event consisting of walking the Coastal Walk from Lighthouse Beach OR Flynns Beach to the Town Green to raise awareness about White Ribbon Day, the International Day for the Elimination of Violence Against Women. It is for anyone with at least moderate fitness to undertake the 9km walk from Lighthouse Beach or the 3km walk from Flynns Beach to the Town Green.

FREE buses will depart from the TOWN GREEN, taking participants to their choice of start for the walk, either Lighthouse Beach or Flynns Beach.

Registration is essential and must be received no later than Friday 22 November 2013. Registration forms are available from www.dvportmacquarie.org.au, Liberty Cottage 155 Gordon St, SNAP 110 William St or the Port Macquarie Police Station.

To participate, we request people wear a white t-shirt. It is also recommended that participants bring a water bottle and wear a hat and sunscreen (slip, slop, slap).

Please Note – This Is Not A Race!

For further information, go to: www.dvportmacquarie.org.au or contact 6583 2155 - Unfortunately, pets are not allowed between Lighthouse and Nobby’s Beaches nor is the walk suitable for strollers or prams.