SUCCESS AT THE ROYAL!

From 18 to 24 of March I travelled to Sydney with eight students, Mr Hickson and Mrs Graham to participate at the Royal Easter Show. Paige Mazoudier and I had qualified at the Taree Show last year to compete in the RAS parading and judging, whilst the rest of the crew were showing the school’s cattle.

The week was full of exciting events and because it was my first time at the Royal I was the jumping jelly bean. For the duration of the event we camped just out of Richmond which meant that we had very early starts and long days due to the extensive travel time. It was the most full-on week I think I’ve ever experienced. Bree Cranfield and I were fortunate enough to spend a large portion of our time with the Australian Champion Parader, who taught us so much. She was so impressed with our skills and enthusiasm that she offered us the opportunity to participate in the Brisbane Royal Show (ECCA), with their stud. All expenses paid!

So, how did we go? The cattle exceeded expectations and one of them, Flash, just missed out on a Bronze Medal by half a point. Paige came fifth in the judging event out of a field of 27 – pretty impressive when you consider she was competing against 25 year olds, and I came second in the parading. I was very happy and we all can’t wait to go back next year.

Rebecca Bennett

CONGRATULATIONS!
Rebecca – second place in the Junior Cattle Parading at the 2013 Royal Easter Show

Paige (pictured below) accepts her well-deserved fifth place award in the Beef Cattle Judging (under 25 years). Well done Paige!
NAPLAN – PARENTS AND CARERS

NAPLAN will be completed by all students in Years 7 and 9 from May 14 – 16 2013. Students who miss a test or are absent on the test day will catch-up on Friday 17 May. Refer to the timetable below for test times and dates. The letter to parents sent earlier in the term details more information on the NAPLAN tests and testing week. If you have concerns or questions please contact Mrs Fletcher or Mrs Rudder at the school.

National Assessment Program 2013

<table>
<thead>
<tr>
<th>Year 7 MPC</th>
<th>Monday 13 May</th>
<th>Exam Starting Times</th>
<th>Language Conventions</th>
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<tr>
<td></td>
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<td>9.10am – 9.55am</td>
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<td>Break 9.55am-10.15am</td>
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<td></td>
<td>Period 2</td>
<td>10.20am – 11.00am</td>
<td>Writing 40 minutes</td>
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<thead>
<tr>
<th>Year 9 MPC</th>
<th>Tuesday 14 May</th>
<th>Exam Starting Times</th>
<th>Language Conventions</th>
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<tbody>
<tr>
<td></td>
<td>Period 3</td>
<td>11.35am – 12.25pm</td>
<td>45 Minutes</td>
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<td>Break 12.25pm-12.45pm</td>
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<tr>
<th>Year 7 MPC</th>
<th>Tuesday 15 May</th>
<th>Exam Starting Times</th>
<th>Language Conventions</th>
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<tbody>
<tr>
<td></td>
<td>Period 1 and 2</td>
<td>9.15am – 10.20am. Then supervised in Quad until 11.08am</td>
<td>Reading 65 Minutes</td>
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<tr>
<th>Year 9 MPC</th>
<th>Wednesday 15 May</th>
<th>Exam Starting Times</th>
<th>Language Conventions</th>
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<tbody>
<tr>
<td></td>
<td>Period 2</td>
<td>10.40am – 11.08am Supervised in Quad for early recess by period 2 teachers</td>
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<tr>
<th>Year 9 MPC</th>
<th>Thursday 16th May</th>
<th>Exam Starting Times</th>
<th>Language Conventions</th>
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<tr>
<td></td>
<td>Period 3</td>
<td>11.20am-12.25pm then supervised until beg. of lunch</td>
<td>Reading 65 Minutes</td>
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<tr>
<th>Year 7 MPC</th>
<th>Thursday 16th May</th>
<th>Exam Starting Times</th>
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<td>Period 2</td>
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<th>Year 9 MPC</th>
<th>Thursday 16th May</th>
<th>Exam Starting Times</th>
<th>Language Conventions</th>
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<tbody>
<tr>
<td></td>
<td>Period 3</td>
<td>11.40am – 12.20pm Break 12.20pm-12.40pm</td>
<td>40 Minutes</td>
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Students must have their own calculator for Thursday Numeracy session.
Please be prompt to your NAPLAN assessment in the MPC.

FOUND AT PARENT/TEACHER NIGHT
Silver drop earring with blue stone. Please contact the office
ENGLISH NEWS

Need help with your weekly spelling list?
The English faculty has been running a spelling program for the past three years to improve students’ spelling, literacy and vocabulary. Every student in Years 7 – 10 has a weekly spelling test based on words appropriate to their current unit of work. Students should be aiming to make steady and continual improvement in their spelling accuracy each week. To aid this there are some effective Apps that can be downloaded for use on tablets and smartphones.

You can find mobile applications on The School A-Z website at: http://www.schoolatoz.nsw.edu.au/about/mobile-applications/school-a-to-z

This website provides free mobile applications to families that can assist with skills and learning across all subject areas. For help with spelling download the Spelling Bee App. Students can load their words into the application and it will turn their weekly list into a variety of spelling games to prepare them for their test. Best of all, the application is mobile and can be completed on the bus or on the way to and from afterschool activities. Alternatively, students can utilise the Spelling Support Strategy as outlined here.

Year 7 - Speaking Assessments
Year 7 students are in the process of completing their first assessment task in the form of an oral presentation to the class. Students can choose from a variety of different speaking tasks including a comedy routine, spruiking, poem recitation or a prepared speech. The students are being marked on their ability to entertain and engage their audience as well as their ability to critically assess their peers’ presentations. Speaking in public can be a challenging and nerve-wracking experience for many people, young and old alike. Year 7 students are to be congratulated on their engagement with the topic and completion of their presentations.

SCHOOL DEVELOPMENT DAYS – TERM 2

Please note there are two School Development Days set down for the beginning of Term 2
School Development Day 1 – Monday 29 April
School Development Day 2 – Tuesday 30 April

Students return Wednesday 1 May
On Tuesday 2 April Camden Haven High School generously donated blood for the Red Cross Blood Bank. The Port Macquarie branch came to the school with their portable equipment and collected enough blood to help 100 people. This is fantastic for the blood bank as donations around the Easter break are often reduced with people going on holidays and being too busy to donate.

The students and staff were very willing to give both their time and blood for a great cause and we had no vacancies on the booking sheet. It was great to see so many willing participants. This is the start of a new chapter in the link between Camden Haven High School and the blood bank. Students travelled from school to the donor collection site in Port Macquarie last year, which will hopefully also continue later this year. This great initiative will greatly benefit our local region and we are looking to open up the donor list to parents and friends of the school in the coming terms – so keep an eye out.

Congratulations to those who were first time donors on the day, and thank you to all who were willing to give. Hopefully we are able to accommodate everyone in the coming terms.

Mr Dalton
Co-ordinator

Dylan Wood and Naomi Saunders filling out paper work and Damien Clarke being prepared for donation
IMMUNISATION DAYS – TERM 2 FOR YEAR 7 AND YEAR 9 BOYS

Due to the larger number of students being immunised, immunisation will take place over two days in Term 2. (Tuesday 7 May and Monday 13 May)

If a student is away on the first day there will be an opportunity to catch-up.

Any queries please contact Mrs Clayton

On Wednesday 13 March, four Earth and Environmental Science distance education students from Dungog, Bellingen and Port Macquarie attended a mini school day onsite. Eadon Norris, Liam Norris, Jordan Wilkins and Erin Cole revised concepts related to the environments through time topic including constructing an earth history time line, investigating fossils, simulating the formation of iron oxide deposits and revising exam techniques.

One of the students, Erin, reported that the day was a beneficial excursion and meeting with other fellow distance education students was great. She also appreciated evaluating previous course work and everyone enjoyed the day immensely as they gained further important information for their earth and environmental subject. Thank you to Mr Mackiewicz for taking the time out to assist the students on the day.
One of the challenges students face, is that during puberty hormones shift the teenager’s body clock forward temporarily by about one or two hours, making them sleepier one to two hours later than adults would be. This change in the circadian rhythm seems to be due to the fact that the brain hormone melatonin is produced later at night for teens than it is for small children and adults. This can make it harder for teens to fall asleep early.

But then students have to get up for school causing a ‘sleep debt’ that can lead to chronic sleep deprivation. Other factors that contribute to insufficient sleep are: hectic extra-curricular schedules, television and gaming keeping students awake and late night light exposure (especially from computers and mobile phones) leading to inadequate production of the brain chemical melatonin that is responsible for making you feel sleepy. There are unfortunately many ill effects from sleep deprivation: concentration difficulties, mentally ‘drifting off’ in class, shortened attention span, memory impairment, poor decision making, lack of enthusiasm, nightmares, moodiness and aggression, depression, skin problems, lowered immune system, lack of energy, risk-taking behaviour, cognitive impairment, cravings for unhealthy food leading to weight gain, slower physical reflexes, reduced sporting performance and reduced academic performance.

No-one wants to experience these! So what can we do to prevent sleep deprivation? Parents and students need to work together to find ways to increase the nightly quota of sleep.

Some ideas to consider:

- Sleep in a bit (maximum 2 hours) on Saturday morning (students will like this one!).
- Avoid late nights on the weekend, try and go to bed the same time as you do during the week so you do not disrupt your sleep patterns.
- Get to bed early on a Sunday night.
- If you are not getting enough sleep work on adjusting the body clock by going to bed slightly earlier each day, perhaps 10 minutes earlier for a week. Then next week go to bed another 10 minutes earlier until you have adjusted to the right bed time for you so you get enough sleep.
- Limit afternoon naps to 30 minutes and gradually reduce these.
- Avoid caffeine (cola drink, coffee, energy drinks, chocolate) after dinner or even better, no later than 4pm.
- Organise as much as you can at night to minimise what you have to do in the morning (e.g. organise your clothes for the next day, pack your bag).
- Decide what time electronic devices will be switched off each night.
- Avoid watching TV for at least half an hour before you go to bed.
- Try and have an hour before you go to bed without computers or homework or chatting to friends.
- Set up a relaxing ‘wind-down’ routine for before you go to bed. Do this same routine every night (e.g. warm shower, reading, listening to quiet music) so your brain associates these activities with bed time and sleep.
- A drop in body temperature near bedtime triggers the sense that is time to go to sleep. So after a warm bath or hot shower, cool yourself down. It is also better at night to be cool rather than overheated.
- Keep your room as dark and as quiet as possible at night.
- When you lie in bed, start at your feet and mentally imagine relaxing each muscle as you slowly work your way up the body. Most people do not make it up to their head before they fall asleep!
- In the morning open the curtains wide or go out into the sun and get lots of light to help wake your brain.
- A healthy breakfast will help to kick-start a student’s body clock for the day.
- Maintain a healthy diet and ensure you get some exercise (but not late at night). These will both help to improve the quality of your sleep.
- Being exposed to lots of natural light during the day will also help the body produce the melatonin at the right time for a good sleep cycle.

It will take around 4-6 weeks of getting extra sleep regularly before you really feel the benefits, so hang in there! Don’t forget you can get handy hints and ideas from www.studyskillshandbook.com.au – user name = camdenhavenhs; password = 40success.
We seek your views on the NSW one-to-one laptop program. A formal evaluation of the program is being undertaken by the New South Wales Department of Education and Training in collaboration with the University of Wollongong. It is an effort to determine how the DER-NSW program may impact on learning and teaching education across the state. The evaluation has taken place over four years. Please go to the link below and complete the 2013 survey. It won’t take you too long.


To access the link please enter it into the long address bar at the top of the page of your internet browser (not into a search engine such as Google) and press enter or go – this will take you to the survey.

Individuals cannot be identified in the data.


Thank you

Mrs Hutchinson
Principal

Young people can go through many different changes as they grow up. Raising sensitive issues and working to resolve problems that arise along the way can be challenging.

Some important things to remember about parenting young people

- Young people need a sense of belonging, connectedness – to their family (whatever they say!), friends and community, and to make a meaningful contribution
- Firm and consistent limits are essential, but try to involve --the young person in negotiating acceptable ‘rules’
- A balance between self-responsibility and support helps – a ‘child’ grow to an ‘adult’
- Young people need to do things differently from their --parents and become individuals in their own right
- Teenagers and young adults often question everything --their families say and do. Try to stay confident in yourself, but also be open to learning
- Mistakes happen. Use mistakes – whether by you or the --young person – to learn and keep moving forward.

For more information, and to find out how to get help, visit the headspace website: www.headspace.org.au
YEAR 11 NEWS

YEAR 11 SKI TRIP
I am pleased to announce that the Year 11 ski trip will take place from 21 – 26 July 2013. Those students who have submitted their expression of interest are strongly encouraged to continue to pay off an amount each week.

The final figure cannot be released as yet as the ski lift and national park entry costs have not yet been released for the 2013 ski season. Students are encouraged to consider whether they will ski or snowboard. This is going to be a fantastic bonding experience for all and will provide everyone with awesome memories of their time at Camden Haven High School. Permission notes with more detailed information will be released in Term 2.

YEAR 11 HOODIE
The Year 11 hoodies will be ordered on 12 April. Students who are wanting a hoodie have until recess on 12 April to pay $70. If payment is not made by that time, a hoodie will not be ordered.

They are of an exceptional quality and will look fantastic in our school colours. All Year 11 students are encouraged to purchase one as it is going to be a cold winter and this hoodie will cover them for the final two years of their schooling and identify them as the amazing group of students they are.

Students may have a personal name or nickname on the back of their hoodie. They must see me to ensure this appears on the back of the hoodie and to try on their size by Thursday 11 April.

Any questions, please contact Ms Tutalo – Year Adviser.
Parent / Teacher Interviews

Years 10 / 11 / 12
Tuesday 7 May 2013
3.45 pm – 6.00 pm

BOOK ONLINE NOW

Go to:
http://www.schoolinterviews.com.au

- Enter Event Code: WYRNV
  Click on ‘GO’.
- Enter your details – your name and your child’s name.
- Choose the teachers you wish to see (your child will tell you who their teachers are).
- Choose the times you wish to attend.
- The site will close for bookings on Monday 6 May at 9am.

Please feel free to ring Ms Cook on 6556 8194 if you have any questions or are having difficulty making a booking.
VOLUNTEERS REQUIRED

The canteen are looking for volunteers to help out

If you can spare some time to help out at our school canteen, please contact the school canteen and ask for Susan or Chris on 6556 8100.

Not only will you share some good company you will learn new skills in an air-conditioned environment. It’s a very worthwhile experience and you’ll be helping out the students!!!

Thank you – Susan and Chris

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<tr>
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<tr>
<td>Monday 8 April</td>
<td>Out of Uniform day</td>
<td>Monday 29 April</td>
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<td>Tuesday 9 April</td>
<td>ANZAC Assembly</td>
<td>Tuesday 30 April</td>
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<td>Wednesday 10 April</td>
<td>SRC Trip</td>
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<td>Thursday 11 April</td>
<td>School Cup Awards Assembly</td>
<td>Friday 3 May</td>
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<td>Friday 12 April</td>
<td>School Cup Reward Day</td>
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<td>Wednesday 8 May</td>
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<td>School Cross Country</td>
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<td>Thursday 9 May</td>
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<td>Science and Engineering</td>
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<td>Challenge</td>
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On Tuesday 26 March four boys represented our school at the Jack Newton Junior Golf Foundation North Coast Combined High Schools Championships played at the Yamba Golf Course. Ben Morgan (Year 8) playing off 11, Daniel Morgan (Year 9) playing off 8, Will Palmer (Year 10) playing off 11 and Correy McFarlane (Year 12) also playing off 11 joined together to make up the school team. The competition saw schools represented from as far north as Tweed Heads and as far south as our school.

The boys played really well and came up against some stiff competition. The competition was a 36 hole event, with 18 holes before lunch and 18 holes after. Daniel was the best player in the morning from the school shooting a 76 off the stick with a net 68. On Yamba Golf Course this was a brilliant effort. His brother, Ben, also shot a good round with an 80 off the stick, with a net 69. Both boys played better than their respective handicaps. The winning team came from Toormina High School.

Our boys represented the school at the highest level in high school golf and I was proud of their behaviour and on-course management.

Mr Healey

YEAR 7 SPORT TERM 2

**Year 7 Boys**  
Boys will be divided into two groups and will change activities throughout the term – either Kendall Railway Ground – Ball Games $3 or Kendall – Tennis $4

**Year 7 Girls**  
Term 2 girls will be participating in various activities developing fundamental movement skills. No cost (all activities school based).

Mrs Gaynor
Recently the open boys’ tennis team played the first round of the school statewide knockout completion against Wauchope at Kendall. The team was Blake Clark, Blake Hudson, Joshua Kelly and Corey Clark. Wauchope was an enthusiastic team but no match for the Camden Haven boys. Our team won their first doubles matches 6-0. In the singles their success continued. Blake C won his singles 6-0, Blake H won his singles 6-0, Joshua won his singles 6-1 and Corey won 6-0. The Camden Haven team continued their captivating play and won the reverse doubles 6 - 1. The final result was Camden Haven 8 sets 48 games to Wauchope 0 sets, 2 games. Camden Haven is now in round 2 and will play Westport.

Blake Clark has won a scholarship to the John Newcombe Tennis Academy in America. He will attend the Academy next month. We wish him all the best on this exciting adventure.

If you would like this newsletter emailed please contact the school (6556 8100)
or email deborah.dewar@det.nsw.edu.au
Camden Haven High School once again represented our area admirably in the recent Zone Futsal tournament held in Port Macquarie. We were able to field boys’ teams in the under 13, 14, 15 and 16 age groups.

The Under 13 boys improved dramatically throughout the tournament narrowly being defeated by St Columbia in the final by one goal. Being their first tournament this team should continue to improve and impress at future outings.

The Under 14 boys were undefeated on the day winning their age group comfortably. Their team play and understanding of the game provided many scoring opportunities.

The Under 15 boys were their usual impressive selves. While a little rusty they did manage to show glimpses of the potential that took them to the Australasian Championships. They ended up being defeated in the final after a rebounded ball went in just before the final siren. This team will only get stronger as the year progresses.
Our Under 16 boys played enthusiastically all tournament, displaying moments of brilliance in both their attack and defence. Further development of game tactics and technical skill will lead to future success.

All teams represented our school proudly and exhibited great sportsmanship. All qualified for the regional tournament next term. Our school is proud of their achievements.

Mr Rowe

9 ASIDE RUGBY LEAGUE

On the Friday 22 March, Camden Haven High school teams played in the 13’s, 14’s, 15’s and 16’s age divisions at Wauchope Lank Bain stadium to compete in a gala day in rugby league.

Each team played three or four games. Every team and every player played extremely well and were great ambassadors for our school and community. It was very pleasing to see our boys working as a team and supporting each other. It was also great to see a large contingent of parents who came to support their sons. A big thank you to the Year 11 Sport Coaching class who ran the teams, the water and completed the appropriate paperwork for the day. Well done team.

The results were
- 13’s – a win, loss and draw
- 14’s – two wins and a loss
- 15’s – two wins and a loss
- 16’s – three wins and a loss, but won the final

Congratulation boys – well done!
Mr Anderson
The CHHS official School Uniform provider is Daylight Sportswear

located near the Canteen
at
Camden Haven High School

Please Note: Uniform Shop will be closed for the holidays and will re-open Tuesday 30 April

Open Tuesdays from 8.30 – 11.30
and Thursdays from 1.00 – 4.00
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
I give permission for my child/ward ______________________  ______________________  of Year ____
(given name)                                          (surname)

was/will be absent from  school from _______________  to   _____________    for the following reason:

____________________________________________________________

____________________________________________________________

____________________________________________________________

I can be contacted on _______________________ to discuss this matter if needed.
(phone no.)

__________________________________________

(signature)                                             (name) – PLEASE PRINT

PLEASE PRINT
I give permission for my child/ward ________________________________ of Year __________

(given name) (surname)

to leave school at ____________ am / pm on ____________________ for the following reason:

☐ appointment card – details:

______________________________________________________________

☐ other reason – details __________________________________________

I can be contacted on ______________________ between 9am and 11am to verify this arrangement if required.

(phone no.)

_________________________________ _____________________________

(signature) (name) – PLEASE PRINT

Please note that applications for early leave will be monitored and parents/caregivers are requested to minimise making appointments during school hours including Wednesday afternoons.

CAMDEN HAVEN HIGH SCHOOL
Telephone: 6556 8100
Fax: 6556 8105