The HSC examinations have been progressing well and the final examination for students at our school is Wednesday 4th November. The Year 12 Formal will take place the following Tuesday, 10th November, which will be a night of celebration for all involved.

Year 11 students have made a good start to their HSC studies and are busily preparing for the completion of their first assessment tasks later this term. Students in Years 7 to 100 are also making final preparations for end of course examinations which begin next week.

The term is moving very quickly and as you will be able to read about the many activities that have been happening almost every day both here at school and at outside venues, providing a wide range of experiences for students across all years.

Year 11 Hospitality students are currently extending their skills and completing competencies for their course at SeaWorld. A fantastic opportunity for both staff and students in a world class venue. There are a great many events and activities scheduled for later in the term, both here at school as well as at outside venues which will provide a variety of experiences term for students across all years.

I encourage contact with parents and am happy to welcome them to the school at any time. Should parents have the need to speak with myself or a member of staff, please contact the office in the first instance, either by phone or in person to arrange a meeting. Parents and community members should not enter the school grounds without first making contact with the office for work, health and safety reasons but also as the school is defined as “inclosed lands” under the Inclosed Lands Protection Act 1901. I appreciate your support in this matter for the safety and wellbeing of students and staff.

Margaret Hutchinson
Camden Haven High School students recently attended the Cows Create Careers presentation day at Wauchope RSL. Year 8 Agriculture Technology and Year 9 Agriculture classes completed the program, competing against other local schools in the area. Cows Create Careers is a project designed for secondary school students to promote education and career opportunities in the dairy industry.

Two calves were donated by Bob and Sandra Baker, from their dairy farm at Lorne. Student’s cared for the calves for three weeks and observed their behaviour and growth. They then completed an assessment task, in teams, on calf rearing, nutrition and careers in the Dairy Industry, which was subsequently entered into the competition.

Two teams from Miss Cutler’s Year 8 class took out 1st and 2nd places in the Junior School competition. Mollie Mullen, Alicia Svarc and Brittany Mobbs placed first and Alison Murdoch, Olivia Stevens-Seers and Maya Chelman were the runners up. Camden Haven High School took out overall Champion Junior School, receiving $500 to be used on Agricultural Education Resources. This was a fantastic result for an outstanding group of students who cared for the calves and reflected on their experiences.
Each year the Modern Languages Teachers’ Association (MLTA) and the Australia – Indonesia Association of NSW run an Indonesian language writing competition. This year, students were required to write about their ideal house. Students from 7R Indonesian used the online software “Animoto” to create a short film with subtitles describing their ideal house.

Our students achieved excellent results taking out first place, second place and a highly commended in the Stage 4 Category. The entries were judged by members of the Australia-Indonesia Association of NSW, along with the MLTA of NSW and the Indonesian Consulate, including the Indonesian Consul-General, who also supplied the prizes for this competition.

**First place:** Maddison Symons, Jada Moore and Saige Ferguson

**Second place:** Amber Currie and Paquita Glanville

**Highly Commended:** Chloe Bickley
**PINK RAFFLE**

The administration staff recently held a Pink Raffle to raise funds for the McGrath Foundation supporting breast care nurses. Lots of pink goodies were donated by staff and the end result was a lucky dip of novelties and gifts. Mrs Nosworthy was our lucky winner and she was very excited at the prospect of going through her prize.

A total of $640 dollars was raised for the charity. A big thank you to everyone who supported the raffle.

**MESSAGE FOR STUDENTS**

Camden Haven High School will have a new computer server at the start of 2016. As a result any work you currently have saved on the windows server will need to be backed up before the end of school this year.

If you need any help or have any questions contact the TSO’s, located in the A block near the Distance Education office.
CAPTAINS AND SRC INDUCTIONS
Last Tuesday saw the induction of our school leaders. Captains, Daisy Skerritt and David Jackson, Vice Captains, Abby Wilson and Patrick Moulds, along with another amazing council of Student Representatives officially pledged their position for the 2015/2016 year. Thank you to the family and friends who joined us in this ceremony and for morning tea afterwards.

I would personally like to thank and acknowledge the work carried out by the outgoing SRC and Captains. It was a true pleasure to work with them over the last twelve months or more and I wish them all well in their future endeavours.

The newly formed SRC are already underway planning the annual Pink & Blue day which will be held on the 3 December. You have time to get a fantastic colourful outfit together to be in the running for the ‘best dressed’ competition. Again, there will be many activities to participate in which will run from period 4 onwards. All money raised will go to cancer research for both men and women.

Mrs Wilson
Year 9 English classes are currently working on a unit on ‘Biography’. Some of the newest biographies added to the library collection. Below are also some new books that have recently entered circulation.

Teacher Librarian, Mrs Rienstra, ready with non-fiction texts for the Year 9 Geography research task on Natural Disasters.
BILLY CART RIDERS

The Haven High Riders was the team name that the students in 7 Blue decided on for their entry in the Beechwood Billycart Classic. Their excitement about the race grew, as they saw the completion of the billycart in terms of its construction and its paintwork, not to mention the arrival of their team shirts, designed by co-driver Jeremy Dawra. The students were also able to complete some test drives on the school grounds (under the supervision of teachers), living up to their new motto Aim for the fastest! The weather was perfect for race day out at Beechwood on Sunday 25 October. The boys certainly looked as impressive as their billycart, which was kindly delivered by Mr Dick. The cart and the boys received lots of positive comments from the other competitors, especially the girls!

The boys were very happy that many of their parents and at least ten staff were out in force to support and cheer them on. They were equally thrilled when they were approached by a representative from NBN News, who interviewed them about how they came to be at the race. Both Jayden and Jeremy thought the run was fun and exciting. Jayden was really proud to be voted by the other boys to be the driver of the billycart. He and co-driver Jeremy agreed that they just wished that they had more time to practise driving it. All the boys agreed the best part, besides participating, was seeing the other billycarts and throwing water balloons at the senior motorised Esky racers.

The boys are keen to be responsible for starting off a new school tradition and are already thinking about next year. We are keen to have other year groups involved, so that we can enter more than just the Junior Race in the coming years.

Special thanks must go to TAS teacher, Mr Ashton who was integral in bringing about the construction of the billycart. He supervised the boys during the build and assisted them in acquiring new skills. Also a huge thanks to Ms Waite who proved invaluable in making sure that the project came to fruition. During Visual Arts lessons the boys learnt about colour and design and were able to apply their ideas, to both the cart and their team shirts.

Mrs Clough
Project Coordinator
BILLYCART BANDITS WREAK HAVOC AT THE BEECHWOOD BILLYCART CLASSIC

Our team, led by Mr Ashton, driver Jayden Blunt, co-Driver Jeremy Dawra and pit crew, Brendan Griffith, Michael Shorter, Patrick Lewis, Beau Phillipson, the rest of the team and a great bunch of teachers had a great day racing. We started off at a frantic speed but unfortunately our billycart wasn’t up to the pace. We all had a great day.

A special thanks to Mr Ashton and the other teachers for transporting the billycart, all their encouragement and for a whole pile of fun.

We are looking forward to going again next year.

Written by: Brendan Griffith and Jeremy Dawra

INFORMATION FOR YEAR 10 - LOVE BITES

Lovebites is an extremely successful school-based Domestic and Family Violence and Sexual Assault prevention program that evolved on the Mid North Coast of NSW. Love Bites is based on best practice standards for education programs as recommended by the Federal Government funded Australian Domestic and Family Violence Clearing House and other leading academics in the area of violence against women.

Male and female facilitators present the program as a team and LOVE BITES consistently models respectful relationships between male and female students, teachers and workers. The artworks and other work created in the creative sessions are the basis for local campaigns to challenge Violence against Women in their community. This campaign is led by and delivered by young people.

We will be presenting this program to Year 10 in weeks 7 and 8. Due to the numbers involved, the groups involved will be based on Science classes, to minimise disruptions.

Thursday 12 November, 10C and 10M will participate, and on Thursday 19 November, 10A, 10D and 10E will participate. It is expected that all students will attend. Full school uniform but an old shirt or apron will assist for art sessions.

Year 10 Camp

Permission notes have been issued for the camp 2 - 4 December, Week 9. Please return notes asap, with final payments by 22 November. Final cost is $250.

Mrs Devine Year Advisor
The Preparation for Senior Study Program (aka Prep) was established this year to support all Stage 6 students using funds from the Resource Allocation Model (RAM) Equity Funding (aka Gonski).

The RAM is:

• based on student need
• evidence based
• an efficient and transparent way to fund schools
• able to provide certainty for schools
• sustainable and adaptable.

It provides more flexibility to manage resources to meet the needs of our students and school community. It is a needs based funding model that recognises how each school is different and distributes resources fairly and transparently.

Undertaking the Higher School Certificate requires focus and commitment. The Prep program provides every senior student with support, guidance and advice on how to best utilise their time and energy to achieve their goals.

RAM funds have been utilised to employ a teacher, five days a week, and an SLSO for three days a week, to support every student’s learning and achievement. Mrs Neville and Mrs Young are located in the senior study and are supported by Mr Dickenson and Mr Gray, Careers Advisers; Mrs Hamilton, Transition Adviser; Ms Stevens, Head Teacher Teaching and Learning; Mr Shilling, Senior Study, Mrs Rienstra, Teacher Librarian; and Mr Mackiewicz, Mr Fowler and Mr Sainsbury, Year Advisers. The team focus on completing assessment tasks; examination technique; time management; health and wellbeing; study, organisational and writing skills; and much, much more.

Every student rotates through a one hour workshop on a fortnightly basis during one of their study periods. If required, students can book an appointment for some 1:1 assistance; be it help with an assessment task, some Maths homework, or a chat about life in general. The Prep team also liaise with staff, organise assessment task catch-ups, make regular contact with parents, and run parent information evenings.

As a result of this program there has been a significant improvement in student engagement, assessment task and course work completion, preparedness for senior study, and a more detailed knowledge of Board of Studies and Department of Education requirements. Staff, students and parents alike have been impressed with the results. At our school every senior student feels supported and has the capacity to achieve to the best of their ability.

From the P&C

The Prep program would not be possible for our students without Gonski funding. We would like to see it continue for the demonstrated benefit of our school community.

Only one third of the needs based Gonski funding will be delivered by 2017. In our school this means that we could miss out on approximately $2.6m. We need to convince the Federal Government to revert to the six year Gonski funding. This requires us to work together.

As parents of public school students we need to stand up and be counted on this issue. To find out more about the campaign visit www.igiveagonski.com.au and sign the petition.

Mrs Joanne Kaul – President P&C
Twenty members of the Cattle Team travelled down to Scone on Thursday 22 October to compete in the Upper Hunter Beef Bonanza. A few mechanical hiccups made the trip down very long, eight hours to be exact. Before returning home on Sunday the 25 October, we were again delayed by two hours in Scone with mechanical issues. But it’s all part of the fun and adventure.

The competition attracts very tough competition from across the state. 760 students competed in the event, which involved an Educational Scone Steer Challenge, Junior Judging, Junior Parading, Interactive Unled Judging and Meat and Carcase Judging in the Abattoirs.

Rebecca Bennett, Brett Taylor and Jacinta Ostler made it to the final for their age division, and Talia Cranfield placed 4th in the School Steer Parading class. This was a fantastic result as the competition is very tough.

Chloe Simiana and Jaimee Ashe were selected for an Oral in Junior Judging for their Age Divisions. Both girls spoke confidently and analysed the class of steers. Chloe Simiana came 3rd and Jaimee Ashe came 2nd.

This was an outstanding result which made both Mr Hickson and Miss Cutler very proud. As always, the students worked hard in the lead up, demonstrated excellent team work and represented the School with pride. The students were still in good spirits traveling home, having survived wet weather and bags on the first day and night and then hot days for the remainder of the trip.

The students all had a great time and are looking forward to the 2016 Show Season.
The flake of snow grew larger and larger, and at last it was like a young lady, dressed in the finest white gauze, made of a million little flakes like stars.
It was an all-male event for the local Rotary Public Speaking Competition on Monday 24 August 2015. Dylan Preis, Jordan Frith and Max Wilson, of Year 10, all spoke very well, about topics of which they were most passionate – our local area, video games and food. In a tightly contested competition the adjudicators spoke highly of all the three speakers.

Max Wilson took out honours on the night and was selected to speak in the zone round, held on Monday 19 October. He tweaked his previous speech, worked on his delivery and presented it extremely well on the night. Unfortunately he was narrowly defeated by a Year 11 student from Mackillop Senior College who will now progress to the third round in Walcha.
In Term 4, the Year 11 students transform into Year 12 students and hit the ground running with their HSC year.

At the Broadmeadow PCYC Support Centre, I met with full time DE student, Rochelle Desreaux for the first time and held an intensive Japanese language session. We discussed the HSC course for Japanese Beginners, Assessment schedules, title pages and spoke in Japanese for a majority of the session. While chatting in Japanese, we tried some Japanese treats and were amazed at the flavours of the wasabi peas, tamari seaweed rice crackers and Japanese lollies.

It was a successful and beneficial, but intensive session with Rochelle at the Support Centre. I wish her all the best for her first HSC term.

Mrs Nosworthy
Mitchell Adams embarks on his Flashing LEDs project while attending the Toronto Distance Education Support Centre during Week 2. This activity was a fantastic electronics construction and fault finding exercise as part of Mitchell’s Industrial Technology course. Fault diagnosis is a large part of the learning journey in electronics design and circuit board construction. Mitchell assembled the circuitry quite quickly and worked together with his teacher to work through faults. After a couple of faults were corrected a pair of flashing LEDs was the result.

Well done Mitchell.

Joel Wilson learns about electricity and the human body’s small resistance to current flow while exploring electricity in his Science Title Pages at the Rutherford Distance Education Support Centre.
Joshua Thompson turned the Educational Tables at the Rutherford Support Centre during Week 2 this term. Josh provided a lesson on the tradition of tying a “Windsor Knot” which he learned from his Grandfather. It took a couple of goes however Mr Schmeider did manage with the pictured resemblance of the complex yet stylish knot.

Josh is more than willing to provide follow up lessons for Mr Schmeider and his peers at the Rutherford Distance Education Support Centre.

Thanks Josh, Mr Schmeider will need the extra tuition.
DE DANCE RESULTS

Another fantastic result was had this year by the 2015 HSC DE Dance students. Camden Haven High School has a strong Distance Education program in Dance offering studies for Preliminary and HSC level for students all over NSW.

These students travel to the school once a term for intensive workshops and participate in lessons over the phone and via dance video uploads. To study practical subjects this way is incredibly difficult and the students must be commended for their dedication and commitment.

This year for the HSC, the school had a number of students nominated for Callback. This is an invitation sent to students who have achieved in their practical dances at an exemplary level. These nominations could then be possibly chosen to perform next year in Sydney to showcase the best of the dance assessments for 2015.

So a big congratulations to all the Distance Education Dance students on their amazing achievements and we wish them all the best for their future goals!

Amara McHugh nominated for Core Performance and Major Performance.
Lisa Turner nominated for Core Performance and Major Performance.
Madeleine Bartho nominated for Core Performance and Major Performance.
Amanda Robbins nominated for Core Performance and Major Performance.
Olivia Walsh nominated for Major Performance.
Megan James nominated for Core Performance.
Lucy Cook nominated for Core Performance.
TOP 10 TIPS FOR DEALING WITH EXAMINATION PRESSURE

1. **KNOW YOUR MATERIAL**
   The more confident you are about the topic(s) in your exam, the less stress you will feel come exam time. Make sure you stay on top of your school work and homework throughout the term. Follow up with your teacher, or another subject matter expert, if there are things you don’t understand, well before the exams. Trying to understand new concepts the night before the exam is very stressful.

2. **PRACTISE**
   Make sure you do practise papers if they are available, or practise questions. This might include multiple choice, short answer or essay style questions. Always study in the way you will be tested. Work out a plan of action so you know how long you are going to allocate to each question type, what question types you will start with and what you will do if you come across things you aren’t sure about. Learn more about this in the Active Studying unit.

3. **FUEL YOUR BODY AND YOUR MIND**
   In the days leading up to an exam make sure you get enough sleep. Being tired makes it harder to concentrate and remember. Fuel your body and mind by eating well and drinking plenty of water. Learn more about this in the Lifestyle and Balance unit.

4. **MANAGE THE PHYSICAL SIGNS OF STRESS**
   Familiarise yourself with how your body feels when you are stressed. Do you get headaches? Tension in your neck or shoulders? Does your heart race faster? What happens to your breathing? Whenever you feel these effects, quickly start some relaxation exercises. A good one to try during an exam is to breathe deeply for 4 seconds, hold for 7 seconds and breathe out for 8 seconds. Do this a few times to calm yourself down and allow yourself to refocus. Learn more about this in the Managing Stress unit.

5. **BE PREPARED ON THE DAY**
   Make sure you have packed or prepared everything you need for the exam day the night before. Have a plan for how you are going to get to school on time - including a back-up plan if necessary. Eat a nutritious breakfast and make sure you are hydrated. Learn more about this in the Test-Taking Techniques unit.

6. **VISUALISE**
   Use visualisation techniques to help reduce your stress on the day. Every day in the weeks prior to the exam, last thing at night and first thing in the morning, visualise yourself calmly walking into the exam room, preparing your equipment, reviewing and completing your exam paper and feeling good about how you did. Learn more about this in the Managing Stress unit.

7. **INVOLVE YOUR PARENTS IN YOUR SCHOOL WORK**
   Throughout the term talk to your parents about what you are studying. Show them your bookwork and homework. The more your parents understand about what you are doing and how you are going along the way, the better they are able to manage their expectations. They may also be able to help you study by testing you on what you are learning.
8. **TALK TO YOUR PARENTS ABOUT REALISTIC GOALS**

Keep talking to your parents about what you want to achieve, in individual subjects, at school overall and in other aspects of your life. Involve them in helping you to identify where to concentrate the most effort to achieve your goals. Learn more about this in the Goal Setting unit.

9. **UNDERSTAND EXPECTATIONS**

Many students feel like they are not meeting their parents’ expectations. Often this is a result of poor communication about expectations by both parties. Assessment and reporting systems also change over time and are different in different schools and systems. Making sure your parents really understand what your report means may help them to understand what you are actually achieving. Your school can assist you to explain these to your parents if need be and most schools provide booklets of explanation. Often students are achieving, but reporting structures may not clearly represent this to parents.

10. **ASK FOR HELP**

The most important way to deal with stress is by talking to people and asking for help. Don’t try and go it alone. Your school, teachers, parents and friends are your support structure so keep lines of communication open (that means talk to them!) and let everyone know how you are feeling and what help you need.

You can learn more about how to deal with examination pressure in the Managing Stress and Test-Taking Techniques units at [www.studyskillshandbook.com.au](http://www.studyskillshandbook.com.au) by logging in with these details:

**USER NAME:** camdenhavenhs

**PASSWORD:** 40 success

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**UNIFORM SHOP**

Since the uniform blitz has taken place, I have been busy in the shop with students needing to update their uniforms. As a result the students are looking fantastic. The summer uniform is reasonably priced with sport shorts $27.00 and junior and senior polo shirts priced at $28.00. In addition to the polo shirts we also have the option of the mens business shirts and ladies blouses. These are available in junior and senior colours and priced at $29.00.

We have just received a massive order of new uniforms, so I have been busy unpacking ready for the summer rush.

See you soon in the uniform shop.

Mrs McInnes - Coordinator
WHOOPING COUGH INFORMATION

There is an outbreak of whooping cough (pertussis) in NSW, mainly affecting school-aged children. Coughing spreads the infection to others nearby. Whooping cough can spread to anyone at home, including younger brothers and sisters. Whooping cough can be especially dangerous for babies.

Whooping cough starts like a cold and progresses to bouts of coughing that can last for many weeks. The infection can occur even in fully-vaccinated children.

• Older children may just have a cough that is persistent and may be worse at night. Children with these symptoms should see a doctor.

• If your doctor diagnoses whooping cough in your child, please let the school know immediately and keep your child at home until they have taken five days of antibiotics. Keep coughing children away from babies.

• Whooping cough vaccines give good protection against infection but immunity fades with time.

Check that all your children are up to date with their vaccines, due at 6 weeks, 4 months, 6 months, 4 years and 12 years of age (offered to all Year 7 students through the NSW school-based vaccination program). A booster is also recommended at 18 months of age.

A booster dose of vaccine is also recommended for adults that are in contact with young children, such as school staff and parents. Pregnant women are recommended to have a booster dose during each pregnancy and this is funded by NSW Health. Those who are new parents or carers of babies should consult their general practitioner about appropriate immunisation.

Your local public health unit can provide advice about whooping cough on 1300 066 055 or visit the NSW Health website for information for childcare and schools about whooping cough.

NATIONAL DISABILITY INSURANCE SCHEME (NDIS) WORKSHOPS AND INFORMATION SESSIONS

The National Disability Insurance Scheme (NDIS) is a new way of providing individualised support for people with a disability who have a permanent or developmental delay that affects their ability to take part in everyday activities.

Free workshops and information sessions are taking place in various localities.

Rutherford Marketplace - 28th October, 18th November and 9th December. 9:30am to 4pm
Lake Macquarie Fair - 4th November, 25th November and 16th December. 9:30am to 4pm
The Place Charlestown - 81/30 Pearson St, Charlestown, Tuesday 10th November 10.00am-2.00pm. Register at info@mychoicematters.org.au or ring 1800 144 653.
Tamworth Services Club - Wednesday 11th November 9.30am-2:00pm. Register online at www.family-advocacy.com or call 1800 620 588
Muswellbrook RSL Club - Thursday 12th November 9.30am-2:00pm. Register online at www.family-advocacy.com or call 1800 620 588
Paul Dillon is the Director of Drug and Alcohol Research and Training Australia (DARTA) and works with young people across the country and internationally. With a broad knowledge of a range of content areas, Paul regularly appears in the media and is regarded as a key social commentator, with interviews on television programs such as Sunrise, TODAY and The Project. Paul is the keynote speaker at the 2015 RRISK seminars.

This information session aims to provide those working with young people some basic information on current youth AOD trends in Australia. Attempting to sort out ‘fact from fiction’, information on a range of both legal and illegal drugs, as well as current ‘hot topics’ of the day will be provided. Some of the issues that will be examined include:

- Methamphetamine and the ‘ice epidemic’
- New trends in ecstasy
- Changes in the ways people are purchasing drugs – i.e., the internet as a drug dealer
- Roadside drug testing (RTD) and implications for the Mid and Far North Coast of NSW

Where: Port Macquarie Panthers, Rushcutter room
Date: Thursday 5th November 2015
Time: 4.00pm—6.00pm
Bookings are essential
Please RSVP by Friday 30th October 2015
Contact reception on (02) 6586 6030
Drug & Alcohol Services
Mid North Coast Local Health District

www.rrisk.com.au  Follow Paul Dillon and DARTA on
Young People and Risk Taking

Risk-taking is an essential part of learning and personal development for young people. Teenagers need to explore their own limits and abilities, as well as boundaries set by adults. They also need to express themselves as individuals. It’s all part of their path to becoming independent young adults, with their own identities. Unfortunately, the risk involved in different activities and settings can often be poorly judged by young people and they are over represented in every category of risk taking resulting in injury and trauma. For more information about the different types of risks for young people, see http://www.kidshelp.com.au/grownups/news-research/hot-topics/risk-taking.php.

The RRISK Program aims to reduce risk-taking behaviour associated with alcohol and drug use, driving and partying amongst Year 11 students in the North and Mid North Coast of NSW. Attending RRISK extends the school based drug education and road safety curriculum by providing opportunities for senior high school students to further develop knowledge, attitudes and skills to reduce risk taking and develop safer celebrating strategies.

Over 4,500 students from more than 52 high schools from Port Macquarie to Tweed Heads have registered to attend one of ten RRISK Seminars. If you have a Year 11 student in your family, encourage them to attend.

RRISK seminar dates 2015

<table>
<thead>
<tr>
<th>Location</th>
<th>Venue</th>
<th>Dates</th>
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<tbody>
<tr>
<td>Port Macquarie</td>
<td>Panthers Auditorium</td>
<td>5 and 6 November</td>
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<tr>
<td>Coffs Harbour</td>
<td>Southern Cross University</td>
<td>19 and 20 November</td>
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<td>Kempsey</td>
<td>Melville High Community Hall</td>
<td>3 November</td>
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<tr>
<td>Lismore</td>
<td>Southern Cross University</td>
<td>12, 13 and 16 November</td>
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<td>Murwillumbah</td>
<td>Seventh Day Adventist Church</td>
<td>24 and 25 November</td>
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Research shows that RRISK is effective in reducing young driver crashes by 44%

The largest study ever undertaken into young driver behaviour was conducted by the George Institute of International Health and published in 2009. Researchers consider RRISK a best practice program because it builds resilience by equipping young people with strategies and practical skills to manage risks in their social life and on the roads as drivers and passengers.

Look for information about the RRISK Program on the RRISK website www.rrisk.com.au and in this newsletter over the coming weeks.
Alcohol and Young People

Whilst more young people aged between 12 to 17 years of age are abstaining from alcohol than in previous years, almost 5 million people in Australia aged 14 or older (26%) reported being a victim of an alcohol-related incident.

Young people are less likely than adults to be concerned about potential negative consequences of alcohol and are at greater risk than adults (being both physically and psychologically vulnerable).

Current research suggests the brain is not fully developed until about 25 years of age. Binge drinking alcohol during adolescence can result in permanent brain damage, affecting memory, learning, decision making and problem solving.

Recognising the serious impact of alcohol on young people, NSW Office of Liquor and Gaming have changed the laws regarding supply of alcohol to young people. Under Section 117 of the New South Wales Liquor Act 2007 it is illegal to supply alcohol to people aged under 18 years in a private home unless it is supplied by:

- the child’s parent or guardian, or
- an adult who had the approval of the child’s parent or guardian.

A person convicted of secondary supply in NSW can be fined up to $11 000 for each underage drinker involved.

For more information on the effect of alcohol on the developing brain, see http://darta.net.au/wordpress-content/uploads/2013/02/ALCOHOL-AND-THE-DEVELOPING-BRAIN.docx.pdf

Mental health

Drinking at a young age increases the risk of mental health problems. For more information or support contact Beyond Blue www.beyondblue.org.au 1300 22 4636

Look for information about the RRISK Program and risk taking at our website www.rrisk.com.au
Campus Accommodation

Applications are now open for 2016 campus accommodation. Please encourage students to apply as soon as possible. For more information please visit Student Living.

Law Insight Evening

The Newcastle Law School invites senior secondary students to our annual Law Insight Evening on 18 November 5:30pm. The evening will give students an opportunity to hear about the Law School, the law degree and the Legal Centre, where our students gain invaluable practical legal experience throughout.

At the Law Insight Evening, students will be able to hear from, and speak with, academic staff and current students from the Law School and will tour the Legal Centre and mock court room. Find out more information here.

Faculty of Engineering and Built Environment Scholarships

The Faculty of Engineering and Built Environment (FEBE) at UON are offering a range of scholarships to help the transition to University. These include a $30,000 Scholarship for Excellence in Year 12 and $8,000 Relocation Scholarships with priority status for on-campus accommodation. Find out more about FEBE scholarships here.

New degree for 2016 – Bachelor of Innovation and Entrepreneurship

This program is designed to be combined with either a Bachelor of Business or Bachelor of Commerce. Students interested in gaining a unique skill set through the distinctive courses they will undertake. The practical component, where students will carry out a work-based project in entrepreneurial strategy. In a opportunity for cultural immersions and work integrated learning in both the domestic and international workforce. Unfortunately, students are not able to combine the Bachelor of Innovation and Entrepreneurship with Mechanical Engineering, however it may be a possibility for 2017.

Bachelor of Business Updated Majors

The majors offered within the Bachelor of Business have recently been reviewed and updated in line with industry. Three new majors are now available, entrepreneurship and innovation, sports management and governance. Other revised majors include leadership and management, international business, human resource management, tourism management and marketing. The structure of the program has been changed allowing complete a double major from any of the disciplines within the business degree.
BRICKLAYING CERTIFICATE III

Right now, there is an outstanding opportunity in NSW to start a career in construction, undertaking the Bricklaying Certificate III.

With the resurgence of brick as a building material and the highest ever level of construction activity in NSW there is a skill shortage in bricklaying, providing jobs well into the future.

Young people in Years 10, 11 and 12 who, for whatever reason, are not applying themselves at school, would be well placed to apply to undertake our free, short work ready course of 5 days, in preparation for a sign up as a new apprentice.

There are many misconceptions about bricklaying, such as the outmoded ideas of it being back-breaking, dirty and for dummies. Today’s bricklaying is none of these. Modern bricklaying also includes interesting indoor-outdoor design work, the use of bricks in award winning architectural design, plus it is a sustainable home building material of the future - in high demand for Australia’s growing population.

There is much to appeal to the young person: jobs, money, a career path into construction, working outdoors and within bricklaying itself, the freedom to choose the direction you take in residential, commercial, large or small business, new or restoration, owner operated or employed. Bricklaying also provides the freedom to travel Australia and overseas. Bricklayers are in demand around the world.

Teachers, parents, and students can learn about the trade at our website Become-a-Bricklayer, and Contact Us for further information.

The Australian Financial Review reported a few weeks ago on a meeting of our industry, unanimously agreeing on the need for all in the trade to contribute further efforts to attract and retain higher numbers of good students. We are facing a serious shortage of skilled bricklayers, given the growing demand.

Apprentices joining the industry today are highly valued and will be acknowledged as such, by quickly contributing to the team effort. They will achieve outstanding training, both on and off site, be paid a reasonable wage under the Modern Award while they learn and will be mentored by the industry to achieve their highest potential.

Western Sydney Institute, Nirimba TAFE, is a great example of a training environment where bricklayers of the future are learning a range of traditional and modern bricklaying skills and safe work practices. We encourage you to view this video on the Tafe NSW website.
Learning solutions for the modern Automotive Industry. 
Sales - Aftersales - Technical

Latest News

With each week that passes, Vantage Automotive connects more and more young job seekers with fulfilling career in the automotive industry - based upon their preferences of brand and dealership location.

To support your students with finding a placement in their local area, we currently have 121 vacancies with across NSW and the ACT. For more information on these vacancies and their locations, please contact our Recruitment team at reception@vantageautomotive.com
What is a tax file number (TFN)?

Tax file numbers (TFNs) are issued by the Australian Taxation Office (ATO). Your TFN is used to identify your tax records.

Everyone has a different TFN. Your TFN is yours for life, even if you change jobs, move interstate or change your name. If you leave the country and later come back to Australia, you still use the same TFN.

When you make enquiries about your tax records, the Australian Taxation Office will ask you for your TFN. They will also ask for other information to check that you are who you say you are.

Your TFN is valuable. Do not share it with friends and do not provide it over the internet when applying for jobs.

Why do you need a TFN?

It is not compulsory to have a TFN. However, without it:

# your employer must take 45% of your wages in tax
# financial institutions are required to tax your interest at 45%
# Centrelink will generally not pay you an allowance such as -
  Youth Allowance, Newstart or Austudy
# you will not be able to defer your higher education fees

There are two ways you can apply for a Tax File Number:

1. Apply online and then attend an interview at an Australia Post Office:

   This is the easiest way to apply for a TFN. There are 3 steps in the process:
   
i) Complete the online form. You can access the form [here](https://smarteform.com.au/onlineforms/ato/tax-file-number-application-or-enquiry-for-individuals/) (or at)
GIRLS UNDER 14 CRICKET

CHHS vs Wauchope

Wauchope won the toss and elected to bat first. We had a strong bowling line-up, with Brittany Mobbs, Anna Ray, Lukka Allsop, Sacha Everingham, Lizzie Bean and Mollie Mullen all taking wickets – with strong support in the field, some great catching and a couple of run outs. Jane Laurie did a fantastic job of Wicket Keeping in her first game of cricket. There was a lot of positive communication and excellent teamwork from our girls, and we dismissed Wauchope for a total of 53 runs.

With the target set, CHHS girls opened the batting well. In the middle order, Mollie Mullen and Sacha Everingham established a solid partnership, securing 25 runs both girls not out, which saw CHHS take out the win, with 5 wickets in hand.

A fantastic effort on the day, all the girls demonstrated great skills, teamwork and sportsmanship.
Ten students willingly put their hands up to volunteer for the IronKids event held at Laurieton United Services Club as part of the Ironman 70.3 festival. The event was a huge success with children and families travelling to the Camden Haven to take part in the triathlon for ages 7-13. Junior athletes from all over NSW, Queensland and even Japan participated.

A huge personal thank you to the following students for being such wonderful ambassadors for our area: Abby Moss, Warner Newhouse, Jackson Brannigan, Isabella Thompson, Brooke Williams, Talyn Kinnaird, Taylor Jones, Elijah Plummer, Leeah Brown and Broden Whyte.

Event Director, Adam Renn, gave a special mention to the ‘fantastic team of volunteers’ assembled for Camden Haven IronKids who made this a very special event.
We would like to Cordially invite you to Attend our “Increasing Parent and Community Engagement “ Mid North Coast Forum—Taree

**Purpose**
To increase Parent and Community Engagement within P&C Associations in our Public Schools, so partnerships can be strengthened to deliver quality outcomes for our Public Education system and ultimately our children and their future.

**When:** Saturday 7th November 2015  
**Where:** Chatham High School  
Davis St, Taree NSW 2430  
**Registration From:** 1.30pm  
**Time:** 2.00pm – 4pm

**Further information**
This invitation extends to P&C Associations, members, community members as well as school community members. Please take this opportunity to meet your P&C Federation Councillor, hear our guest speakers and most importantly have a chat and join in the discussion groups.

**Guest Speakers**
- Local MP Mr Stephen Bromhead member for Myall Lakes  
- Mr Mark Youngblutt—Director - Department of Education (DoE)

**Group Discussions**
- Q&A sessions  
- There will be opportunities for attendees to participate in discussions.  
- Ask a question or have a chat with P&C Federation staff.

Light refreshments and afternoon tea provided

**To attend please Register online, Registration closes 05/11/2015**  
**To Register please click here.**

“*This Program is funded by the NSW Government and Administered by the NSW Education*”
Serving Regional Australia

Visit the Mobile Service Centre to find out about Australian Government payments and services for rural families, older Australians, students, job seekers, people with disability, carers, farmers and self-employed people.

Staff can provide you with information and support. On this trip, the Australian Taxation Office will be available to assist with advice and information about tax and superannuation.

Adjacent to Laurie Memorial Park, Bold Street

LAURIETON

Thursday, 19 November 2015

9.30 am to 4 pm

For more information, go to humanservices.gov.au and search for Mobile Service Centre or call 132 316.
Job Club

Do you need help getting a Job?
Do you find the whole thing SCARY & a little too hard?
ETC is here to help

Ø Session 1: Introduction, getting to know each other and career identification
Ø Session 2: What are the rewards of having a job and career plans
Ø Session 3: Resume session (including Mygov)
Ø Session 4: Overcoming barriers - self-esteem, travel, navigating through Centrelink or your job provider etc.
Ø Session 5: Interviewing and starting a new job
Ø Session 6: Find and apply for jobs, training and apprenticeships [including presenting certificates].

When:
Every 2nd Monday starting October 19th
Time:
10.00am—11.30 am
Where:
headspace—North Shore Board Room
Who Can Come:
Young People 17—25 who are looking for support with Job Search, Applying for Work, Preparing for Interviews

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health under the Youth Mental Health Initiative
Are you looking for a quiet place to Study, complete those assessment or just do your homework!

Then come to Homework Hub

We have a qualified Teacher to assist if you need help with your study.

When: Every Wednesday
Time: 3.30pm—5.00pm
Where: headspace— Short Street

Shape Your Future in our health & wellbeing program which runs during school terms.
The program is a combination of personal training and health eating.

When: Tuesdays 3.30pm—4.45pm
Thursday 9.30 am —10.45am
Where: We meet at headspace in Short Street then head out to the beaches or on a raining day we work out in the office
ALWAYS WANTED TO PLAY A BAND INSTRUMENT?

ADULT BEGINNER BAND PROGRAM

Information evening – Thursday 5 November 2015 @ 6pm

Old Anglican Church, Longworth Park, Laurieton

Bring along your questions and we’ll supply the answers!

Can’t read music...

Always wanted to play the ........

Would love to ‘have a go’

Which instrument?

Used to play but feeling ‘rusty’

CAMDEN HAVEN COMMUNITY BANDS

More details

www.chcb.org.au

Vicki 6559 9528
Joanne 6559 6872

Supported by Port Macquarie Hastings Council