PRINCIPAL’S MESSAGE
Only six weeks into this term and students and staff have all been actively engaged in a wide variety of activities within classrooms as well as across sporting and cultural activities. Congratulations to the many students who supported the Camden Haven Show with entries across a range of areas including painting, cooking and the showing of cattle. Their efforts were rewarded with many students taking out prizes across each of the sections. We also had our Cafe Skills students assisting with serving refreshments and showcasing their skills. Although the weather was not kind, the students who were present are to be commended for their efforts in supporting and promoting such an important local community event. Teachers and students had the opportunity to visit ARTEXPRESS this week which showcases the best of the Visual Arts projects from the 2014 HSC. This was a very informative and interesting excursion with everyone gaining new insight and inspiration for their own work in the future.

This week staff and students hosted a transition evening for students and parents for Year 7, 2016. The Year Adviser for 2016, Mrs Hicks, Stage 4 DP, Mrs Clough, and HT Welfare, Mr Schouten, welcomed guests and highlighted the special features of our school. Students guided the visitors around the school to showcase our wonderful facilities as well as provide an insight into the wide variety of curricula and co-curricula opportunities which are available to students. The very well attended evening has received positive and encouraging feedback. Thank you to all involved.

All students have now received their assessment information for 2015 which included a sleeve in which to display a calendar of due dates. A presentation on assessment and reporting will be featured of our next P&C meeting to be held in Week 8. Please take time to complete the survey on page 16 regarding your preferred time for meetings and look out for the date and time in the coming weeks.

Mrs M Hutchinson

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YEAR 7 SCIENCE

7R Science students practising their safety skills, group work, and measuring abilities in an experiment looking at the change in water temperature over time when heated.

Fun fact: The boiling point of water at the top of Mount Everest is around 71 deg C!

SRC NEWS

The first Social of the year is coming up on the Thursday 26 March so get your groove on because the theme is ‘Best Drest’. Come in your best clothes for a good time. That could be your best formal outfit or the shorts with no rips in them!! It doesn’t matter! Just turn up and have a great time! Tickets will be on sale for $5 so listen out for how to buy one. The social is open for everyone in Years 7-12 (except those on Red Cards) and we will be partying in the MPC. Please note this is an alcohol and drug free event.

Our out of uniform day is coming up also on Tuesday 10 March and the theme is ‘Pineapple Awareness Day’ as voted by Year 12. Come in bright yellows and greens and maybe browns to honour the pineapple, a great tasting fruit! It is an interesting theme, very random we know, but any excuse to brighten our school days up a bit. Your gold coin donations on the day will be going to the Leukemia Foundation ... and speaking of which, Joe Hord will be shaving his hair at assembly for World’s Greatest Shave.

Marni Budai - Year 8
YEAR 7 TECHNOLOGY

Camden Haven High School uses a wide range of computer based technology to assist students in their learning. In response to parent, teacher and student surveys completed in late 2014, all 2015 Year 7 students participated in a full day of computer based technology training run by teachers Mr Glen Northey and Ms Liz Lloyd James in Week 3. The training developed skills in using the Department of Education Student Portal, the CHHS local school network, file management and sharing work with teachers in Google Drive. The students learnt how to log onto and save work to the network using the school desktops and laptops, save to USB drives, and how to create and send emails, both with and without attachments. Emphasis was placed on cyber security with discussion on the importance of keeping passwords private, protecting online identities and appropriate online behaviour. The students were all issued with a laminated card to carry with them containing a range of information to assist them in accessing the schools computer technology. Students are now putting their skills to good use in the classroom and staff have commented that students seem much more aware of the technology in the school and are more confident in using it.

Mr G Moyses

![Students learn how to work with the laptop trolley hardware and report damages. DER laptops are kept in trolleys and are available for use in all classrooms.](image)

![Year 7 are pictured using desktop computers to access education emails, google drive and learn about file management.](image)

![Year 7 students practice using their different logins, programs, computers and laptops at that are used around the school and were supported by TSOs and teachers.](image)

![Year 7 now has the knowledge and skills to use DET laptops as tools for learning in all subjects.](image)
On Saturday 21 February, 32 enthusiastic members of the Cattle Team braved the torrential rain and mud to participate in the Camden Haven Show.

The student’s dedication was tested by the continual rain and wet conditions, but this did not affect their results or deter their passion and commitment to showing cattle. Senior members of the Cattle Team arrived at the Showground on Friday afternoon and washed and prepared cattle in wet weather, as well as camping out overnight with them. On Saturday, the students prepared the cattle for cattle classes, participated in junior judging and junior parading.

The Cattle Team had a very successful show, coming away with many ribbons and prizes against a large group of competitors. There were over 100 school students who competed from six local schools. There were 14 eager Year 7 students who made their Cattle Team debut, showing great determination in the weather. In the Novice Parading, Camden Haven High School blitzed the field. In the 12 years and under parading, Alana Fletcher placed 1st, Jazmin Madden 2nd and Kiaan Turnbull 3rd. This was their first time participating in junior parading, so a truly remarkable result! Holly Dodge placed 1st in the 13 & 14 years Novice. In the open Parading competition Jazmin Madden, Nathan Kaul and Rebecca Bennett came 3rd in their age divisions. Felicity Lowe won her age division against a very tough and experienced group of competitors.

The Cattle Team was also very successful in the Junior Judging, with George Simiana walking away with the Champion Junior Judge ribbon and prize, as well as winning the Champion Novice Junior Judge. It was the first time George was selected to speak on the microphone in the Oral Judging competition, and he spoke well to win against experienced Junior Judges. Chloe Simiana, Emma Kaul and Shannon Woodward also won their age divisions, and were selected for an Oral along with Claire Burgess and Dylan Simiana who placed 2nd in their respective age divisions. These students all spoke well and represented Camden Haven High School with pride. Emma Kaul was named the Reserve Champion Novice Junior Judge. Chloe Simiana and Dylan Simiana both achieved high scores for their Oral judging, which was an outstanding result considering it was their first time competition in a Cattle Competition.

A Camden Haven Steer, Scar, was named the Heavyweight Champion Feed On Steer and Reserve Champion Feed on Steer. His pretty pink bandages over his horns did not affect his condition or performance!

The students were outstanding participants and did not let the wet weather affect their spirits or involvement. Thank you to all parents and staff who have supported the students. The Cattle Team are now preparing for the Wingham Show, which will hopefully be a little bit drier!

Miss E Cutler
PARADING AND JUDGING RESULTS

Junior Judging

<table>
<thead>
<tr>
<th>11 &amp; 12 Years</th>
<th>13 Years</th>
<th>14 Years</th>
<th>16 Years</th>
<th>17 &amp; 18 Years</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st Chloe Simiana</td>
<td>1st George Simiana</td>
<td>1st Emma Kaul</td>
<td>2nd Claire Burgess</td>
<td>1st Shannon Woodward</td>
</tr>
<tr>
<td>2nd Dylan Simiana</td>
<td></td>
<td></td>
<td></td>
<td>2nd Montana Boardman</td>
</tr>
</tbody>
</table>

Champion Junior Judge: George Simiana
Champion Novice Junior Judge: George Simiana
Reserve Champion Novice Junior Judge: Emma Kaul

Junior Parading

<table>
<thead>
<tr>
<th>11 &amp; 12 Years</th>
<th>14 Years</th>
<th>16 Years</th>
<th>17 &amp; 18 Years</th>
</tr>
</thead>
<tbody>
<tr>
<td>3rd Jazmin Madden</td>
<td>3rd Nathan Kaul</td>
<td>3rd Rebecca Bennett</td>
<td>1st Felicity Lowe</td>
</tr>
</tbody>
</table>

Junior Novice Parading

<table>
<thead>
<tr>
<th>12 Years and under</th>
<th>12 and 14 Years</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st Alana Fletcher</td>
<td>1st Holly Dodge</td>
</tr>
<tr>
<td>2nd Jazmin Madden</td>
<td></td>
</tr>
<tr>
<td>3rd Kiaan Turnbull</td>
<td></td>
</tr>
</tbody>
</table>
BAKING RESULTS

Camden Haven High School students competed in a range of baking sections of this year’s Camden Haven Show with wonderful results. They achieved seven first place prizes and two second places. The successful students were:

- **Emma Kaul** - First Prize - Junior Cooking Iced Cupcakes
- **Nathan Kaul** - First Prize - Junior Cooking Muffins
- **Ashleigh Simmons and Bernadette Lawrence** - First Prize - Junior Cooking Homemade Cake
- **Brooke Baldry** - First Prize - Junior Cooking Novelty Cake
- **Brooke Harrison-Douglas** - First Prize - Junior Cooking Muffins
- **Felicity Lowe** - Second Prize - Junior Cooking Muffins
- **Ashlee McLaren** - First Prize - Open Section Plain Scones
- **Riley Pappas** - Second Prize - Open Section Plain Scones

A huge congratulations and thank you to all students who participated, and especially to the prize winners. We are sure you can achieve such a wonderful result again next year.
 IMPACT OF READING FROM A SCREEN VERSES FROM PRINTED MATERIAL

By Dr. Prue Salter

Students now spend a lot of time reading from a screen: computers, kindle, mobile devices. The research into the implications of this are still in the early stages, however current evidence indicates that at this point in time print may be slightly superior to the screen in relation to comprehension, learning, retention and ease of use. However, as screen technology continues to advance, interfaces become increasingly intuitive and personal preferences change from early exposure to reading on a screen, this may change – and may have already changed for some individuals. Technology is here to stay, so the key pieces of advice for students (and parents) are listed below. One of the best articles to read on this debate is by Jabr (2013) The Reading Brain in the Digital Age: The Science of Paper versus Screens http://www.scientificamerican.com/article.cfm?id=reading-paper-screens

Advice for Students and Parents:

1. DEVELOP BOTH PAPER AND DIGITAL LITERACY SKILLS

Students need to develop their reading, comprehension and learning skills in both arenas. They need to develop one set of skills to build their competence in reading and learning from paper, however they also need to develop a completely different set of skills: digital literacy and navigation skills. Some parents are critical of the use of technology in schools and fearful that students’ handwriting and learning will be affected (Salter, 2013), however in an increasingly digital world it would be irresponsible of schools to neglect developing students’ digital literacy skills. Two of the units that are useful in this area on www.studyskillshandbook.com.au are the Reading Skills unit and Technology Tools unit.

2. CREATE OPPORTUNITIES TO MAINTAIN HANDWRITING SKILLS

Finland has long been known as a leader in many educational aspects. Recently it was announced that Finland will no longer teach cursive handwriting in schools. They will continue to teach printing, however, when students would normally transition to ‘running writing’ instead they will learn keyboarding skills. This signals a change in the traditional approach. In Australia there is comprehensive testing being undertaken to look at holding both Naplan and final Year 12 examinations online. There are no indications as to when this will take place. At this point in time, as tests and examinations are still handwritten, students are advised that when it comes to exam time, they should handwrite their study notes or if typed then print them out when they are learning them. They should also actively create opportunities to maintain their handwriting skills, consciously choosing to handwrite at times when they might normally type. Visit the Writing Skills unit for tips on improving handwriting as well as some special pens that will assist.

3. LEARN TO TOUCH TYPE

While we have had the ability to dictate into a device for some time, this is still not in common usage. Learning to touch type is a skill that definitely pays off in the senior years in terms of saving huge amounts of time. There are links to free learning to touch type websites in the Technology Tools unit. 

On a personal note, I believe we are all on a journey of finding a balance between reading on paper and reading online. When I did my first degrees at uni there were no computers and I would handwrite my essays. Later when computers arrived I could not imagine writing directly onto a computer, but instead would create my essay on paper then type it up when I finished. Now the thought of having to write an essay on paper like our Year 12 students do horrifies me, I can now think and plan an essay solely in digital space and am much more comfortable working this way than planning an essay on paper. I never thought either that I would switch away from paper reading.

As a life-long avid reader, I actually rent a second apartment to keep my 3000+ books. However in the last two years I have completely transitioned to reading books for pleasure solely on my iPhone (yes I know the screen is small, and it is much better if you are at the beach to be reading a paperback you can leave it
without fear of theft when you go for a swim). In fact I have not read physical fiction books for over a year now and am slowly giving my paper books away.

However even though I have tried, I still find it very difficult to take in information from a screen if I am trying to absorb, learn and remember information. I still order my non-fiction texts as a paper copy from Amazon. I printed out my 300+ journal articles for my PhD as I found it impossible to get my head around them when they were filed as PDFs on my computer. We are all at different stages on the journey of being comfortable with learning online. The concept of ‘digital natives’ has been debunked (Bennett, Maton & Kervin, 2008) and we cannot assume that all students are comfortable with technology. Instead it is true that different students will be at different points along this path. Students need to keep both skill sets. In you have to write essays in an exam without the aid of a computer, then you need lots of practise in this area! If you find it hard to remember what you are learning on the screen then make notes on paper, but at the same time also look to improve and develop your digital learning literacy skills as well. In many ways it is a matter of attitude, be open to learning in many different ways and look for opportunities to improve the way you learn in all mediums.

Learn more this year about how students can improve their results and be more efficient and effective with their schoolwork by working through the units on www.studyskillshandbook.com.au. Our school’s access details are:

Username: camdenhavenhs
Password: 40success

UNIFORM SHOP NEWS

We have had a busy start to 2015 in the uniform shop!

It has been wonderful to see so many families coming through for their uniform needs. I would like to say a huge thank you to my wonderful volunteers who help me with the smooth running of the uniform shop over the summer period.

Thanks to Cindy Mobbs, Donna White, Karen Kaul and Peter McInnes for your great work.

We now have mens business shirts and ladies blouses for sale at $27 each. These are a great alternative to the polo shirts. For the girls they are a nice option to wear with the tartan skirt.

Enjoy the remainder of Term 1 and I hope to see you soon in the uniform shop.

Mrs C McInness - Uniform Shop Coordinator

TELL THEM FROM ME SURVEY

A randomly picked group of students in each year, from Years 7 – 12, will be participating in an online student survey over the next couple of weeks. The series of questions they will be asked will provide the students with an opportunity to give their opinion on things that matter to them at our school and assist the school in identifying changes that will improve the teaching and learning at CHHS. All the questions are multiple choice and students are encouraged to be open and honest with their answers. Individual students will not be identified. If your son / daughter is being surveyed you will receive a letter in the mail outlining the survey in more depth. Please complete the Opt Out form and return it to the school by the due date should your child not wish to take part.
BOOKLOVE COMPETITION

We do love our books at Camden Haven High School – traditional print books, audio books and e-books. This was evident in the hundred plus selfies entered in our Facebook photo competition. The esteemed panel of SRC rep Jordan Frith, Visual Arts teacher Mr Firth and office manager Mrs Scrine will have a difficult job judging entries next week. Winners will be announced on the school Facebook page during Week 8.
Premier’s Reading Challenge for 8C & 8A

Students in 8C & 8A should be well underway with their Premier’s Reading Challenge.

Regular reading at home will be necessary for students to achieve their goal of reading twenty books by August. It has been wonderful to see many students discovering books they’ve loved and then recommending them to others.

Any other student from Years 7, 8 & 9 who would like to participate should see Mrs Rienstra.

How cool are we!

A huge thank you to the P&C for the new fans that are making the library a far more comfortable place to work. Classes, senior students and staff at the circulation desk all benefit from the two whisper quiet large fans that were installed over the Christmas holidays.

Research for Year 7 students

Year 7 Science classes (except 7O) have all had time in the library researching an Australian scientist and students should now be busy finishing their reports at home. Please remind your student/s to check the marking criteria in their yellow booklets so they earn as many marks as possible. The How To Write a Bibliography booklet they were given at the beginning of the year may be a handy reference.

Research will also be completed by Year 7 Geography (World Heritage) and History (Ancient Egypt) classes this term to give students further opportunities to develop important skills like notetaking and writing bibliographies. Help with these assignments is available in the library every morning 8.30-9.00.

Chess in the Library

The library is currently hosting the Junior Chess Competition sponsored by Higgins Dix Solicitors.

Happy reading!

Mrs Rienstra
Teacher Librarian
A group of girls from last year’s Café Skills class were lucky enough to enjoy morning tea at Tea and Treasures in Port Macquarie earlier this year.

The girls were rewarded for their hard work and effort during the second half of 2014 visiting the residents at the Whiddon Aged Home in Laurieton and also Queens Lake Village.

A few of the Café Skills girls also worked busily in the Canteen at the Camden Haven Show this year practising their coffee making skills and customer service. Even though the crowds were small due to the rain, the girls loved the experience.

Meanwhile the new group of Café Skills girls for the first half of this year had their first visit to the Whiddon Aged Home in Laurieton last week. The girls thoroughly enjoyed themselves serving tea coffee and cake and chatting with the residents.
Last year a number of Year 10 and Year 11 students competed in the Australian National Chemistry Quiz and four Year 11 students achieved very good results.

Samantha Kirkwood’s result was particularly impressive. She was awarded a High Distinction and placed in the top 1% of approximately 9000 students who participated.

Kate Simpson and Isaac Bruggemann were awarded distinctions placing them in the top 16% and Shaemus McLaren was awarded a credit.

These results are a credit to the hard work these students have put into their studies.

Students at CHHS have an opportunity to participate in a number of State and National competitions. These competitions give students an opportunity to test themselves against students from other regions in subjects or areas they are interested in.

We encourage students at CHHS to participate in any competitions where the opportunity arises.
Thank you for your interest in the 2015 semester one Mini School themed “Communication”

At Camden Haven High School we believe it is crucial for distance education students to develop their communication skills with teachers, peers and their community to assist them in achieving their goals.

Travel Arrangements
For students who are attending the Mini School without their family or supervisor, they will be able to access a shuttle service that will be organised based on numbers. Any student who is attending unaccompanied needs to contact Mr Williams (6556 8242) for more details on these travel arrangements. Travel subsidies can be claimed, by contacting Mrs Alling in the Distance Education Office – 65568200 (if you are not travelling with the school’s vehicles).

Accommodation
Accommodation at the Sundowner Caravan Park will be organised by Camden Haven High School. Please indicate how many people are with your group ASAP.

An all-inclusive cost for the Mini School is $50 per student. Please let me know ASAP if you need assistance with paying this, as we can support some families.

Monday 16th March - Sundowner Caravan Park, Port Macquarie
The first day of the mini school will focus on planning and meeting the teachers and exploring Camden Haven High School. After half a day at school, staff will guide students/supervisors to their accommodation. After dinner students will break into two groups

1. Fishing on the breakwall after a BBQ
2. Beginner’s beauty session, with local Day Spa staff and sit down dinner

Tuesday 17th March - Camden Haven High School Campus, Laurieton

Senior Students: Individualised timetables developed with access to all of their teachers throughout the day.

Junior Students: A range of practical activities including Science experiments, Woodworking, Cooking, Physical Education and of course a trip to the Agriculture plot to visit the animals and participate in some manual labour.

Supervisor session: Post-school Disability Awareness Workshop

BBQ lunch with teachers of the attending students invited to join our visitors.

After the day on campus it will be time for some real fun. Staff and students will visit local attractions and be treated to dinner.
Mini School Continued.....

Wednesday 18th March – Sundowner Caravan Park, Port Macquarie

Morning session: a super-sized Support Centre will be held for students to work on completing title pages with the assistance of attending staff.

Once this has been completed, students will be placed in teams with staff for the final event – “The Amazing Race” – an orienteering, clue chasing trek, with prizes to be won along the way as well as for the first team home.

We look forward to another successful mini school program in 2015.

Please contact me if you any questions or wish to organise travel arrangements.

Mr S Williams - Head Teacher Secondary Studies
Phone: 6556 8242
Email: shane.williams@det.nsw.edu.au

PRELIMINARY DANCE - SINGLE COURSE

On Monday 2 March, the gates of Camden Haven High School were wide open and welcoming to 23 effervescent students from across New South Wales, studying Dance via Distance Education. Several students travelled to our beautiful coastal paradise from Coleambally, Albury, Lithgow and Bathurst! Over the course of the day, students were taken through dynamic dance workshops focusing on technique and performance; enjoyed a taster class in composition whereby students explore their own choreographic practice and finished with technology training to effectively use YouTube and Google Drive throughout their studies and post-school.

Ms Navan, Ms Webber and Ms Leaudais were thrilled by the dedication, proficiency and concentration all students upheld throughout the day. It was a great success and we are proud of the maturity this cohort of students is bringing to their studies in Dance. It is exhilarating to be working with students who are enlivened with creativity and expand on their skills as they work towards the HSC.
DE students: Are you using Mathsonline?

It is Maths Tutoring for $0!!!!!!

Camden Haven High School is funding Mathsonline for all students to enable them to use this excellent teaching/learning resource.

Over the past number of years, students at Camden Haven High School have made use the resource ‘Mathsonline’. It has proven to be an effective and motivating resource to aid in the teaching of new work as well as for revising the key ideas covered in the booklets.

Some of the features that this program has are as follows;

• Full lessons for each concept with a voice over and numerous examples of varying difficulty. Every lesson has a pause and rewind facility to help students grasp concepts at their own pace.
• Every lesson has an accompanying printable summary and worksheet to consolidate the concept, with full worked solutions provided also.
• A student’s ongoing use and progress in the program is stored for theirs and their teacher’s perusal at any time.
• The program can be accessed from any internet ready site.
• The entire Kindergarten to Year 12 program is available to every student, not just their particular year group or course.

If you don’t remember your user name and login you should contact your Mathematics teacher ASAP.

Mrs S Gunn - Head Teacher Mathematics

NSW Health works in partnership with education authorities to offer the vaccines recommended under the national Immunisation Program for adolescents in a school vaccination program.

Student who are enrolled in distance education are eligible for the following free age-appropriate vaccines:

**Year 7 Students**
Human pappillomavirus (HPV) vaccine in a 3 dose schedule
Diphtheria-tetanus-whooping cough (dTpa) vaccine as a single dose
Varicella vaccine (chickenpox) as a single dose if there is no previous history of vaccination

**Year 11 - 12 Students**
Measles-mumps-rubella (MMR) vaccine as a single dose (catch up vaccination)

These students can access free vaccine form their GP, Aboriginal Medical Service or community health centre. It is important when making the appointment that parents/guardians:

*Inform the receptionist of the reason for their visit, and allow at least three working days for the vaccine to be ordered and delivered to the practice.*

More information about the NSW School Vaccination Program is available by contacting your local Public Health Unit on 1300 066 055 or by visiting the NSW Health Website.
P and C is Different at High School

The P & C’s role is to provide a forum in which parents can develop their partnership with the school. The Association is school-based with membership open to parents, teachers and interested citizens.

HOW DO WE SUPPORT OUR SCHOOL?

WE REPRESENT OUR SCHOOL COMMUNITY
WE PARTICIPATE IN OUR SCHOOL ACTIVITIES
WE CO ORDINATE PARENT SEMINARS
WE OPERATE THE CANTEEN

In 2014, we provided funding towards:

Robotics Program
Hall Fan
Mobile Spot Lighting
Outdoor Classroom
Year 12 Career Expo Costs
Hospitality Uniforms

$24,000

School Bus Lease
Japanese Students Visit
SRC Funding
Presentation Awards
School Jackets

We currently meet on the third Thursday of each month, during school terms, commencing at 2.15pm for about an hour. At each meeting the Principal or a staff member is available to outline an aspect of the school curriculum or policy.

JOIN US AND BE ACTIVE IN YOUR SCHOOL COMMUNITY

Parent Name:

Contact Details: Phone: Email:

I would consider attending P & C Meetings if they were at:
(please circle all that apply)
9.00am 2.15pm 6.30pm

Days available (please circle all that apply):
M T W Th F

RETURN TO THE SCHOOL OFFICE OR THE SCHOOL CANTEEN

Alternatively, fill out the form online at https://www.surveymonkey.com/s/NLKRHZR
SCHOOL NOTICES

SUN SMART

As sun protection is a high priority here at Camden Haven High School for both our students and staff members, we have made available SPF 50+ Sunscreen to be used by everyone. This can be found at our Sun Protection Application Spots, which are located - for students at the Front Office and for staff in the Common Room.

In addition to this we have applied a SunSmart UV Alert Widget which is displayed each day on the electronic Student Noticeboard in the Quadrangle. This advises our students and staff of the level of damaging UV Rays during school hours each day, a chart is placed nearby to allow students to check the level of sun safety needed to protect themselves from these damaging rays depending on the UV Alert level. Students and staff are encouraged to download this Widget to their own personal phones and iPods by logging onto the following link and downloading the free app for your iPhone, Android or Samsung Device. http://www.cancer.org.au/preventing-cancer/sun-protection/uv-alert/sunsmart-app.html

Remember –

1. Slip on some sun-protective clothing that covers as much skin as possible

2. Slop on broad spectrum, water resistant SPF30+ (or higher) sunscreen. Put it on 20 minutes before you go outdoors and every two hours afterwards. Sunscreen should never be used to extend the time you spend in the sun

3. Slap on a hat – broad brim or legionnaire style to protect your face, head, neck and ears

4. Seek shade

5. Slide on some sunglasses – make sure they meet Australian Standards
**PARENT/CARER WORKSHOPS**

**2015 NSW PARENT/CARER WORKSHOPS**

<table>
<thead>
<tr>
<th>Workshop Code</th>
<th>Location</th>
<th>Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>2015NSWPC1</td>
<td>Blacktown</td>
<td>3 &amp; 4 March</td>
</tr>
<tr>
<td>2015NSWPC2</td>
<td>Forbes</td>
<td>11 March</td>
</tr>
<tr>
<td>2015NSWPC3</td>
<td>Tweed Heads</td>
<td>24 &amp; 25 March</td>
</tr>
<tr>
<td>2015NSWPC4</td>
<td>Taree</td>
<td>12 &amp; 13 May</td>
</tr>
<tr>
<td>2015NSWPC5</td>
<td>Epping</td>
<td>19 &amp; 20 May</td>
</tr>
</tbody>
</table>

Please note registration for these free workshops open six weeks before the date of the workshop. If you are unable to attend a workshop, there are also great free resources on the website as well as our online learning platform. Workshop dates can change, so please check the website for updates - [www.positivepartnerships.com.au](http://www.positivepartnerships.com.au)

**EVENTS, SUPPORT & INFORMATION FOR STUDENTS WITH DISABILITIES**

Community Information sessions on the NATIONAL DISABILITY INSURANCE SCHEME will run on Wednesday 29th April, 11am-3pm.

**Venue:** Rotary Hall, 198 Hastings River Driver, Port Macquarie 2444

To RSVP or for accessibility assistance, email: debbie@newidafe.com.au or call 65835545 before Friday 24 April 2015. Questions may be forwarded in advance to: debbie@newidafe.com.au

**2015 Future Career EXPOS Invitation for Students with Disabilities &/or Learning Difficulties**

The transition from school to the next environment is a stressful time for young people and their families. The aim of the EXPOS are to provide information on as many local services available to assist young people with special needs. The Expos can raise your awareness of as many choices / options as possible. Students from Y9 to Y12 and their families/carers are encouraged to attend.

If you would like more information on the Future Career Expos, contact Carol Rudder at CHHS.

**EXPOS have been organised in the following areas:**

- **Taree** Tuesday 3rd March @10:00am Taree Club-121 Wingham Rd, Taree
- **Forster** Tuesday 10th March @10:00am Club Forster-Strand St, Forster
- **Port Macquarie** 11th March @10:00am Port Panthers Pier One, 1 Bay St PM
- **Kempsey** 12th March@ 10:00am Kempsey Macleay RSL Club, 1 York lane, Kempsey
- **Tuesday March 10th Tamworth**- Services Club Marius Street
- **Thursday March 12th Gunnedah** - Gunnedah Services and Bowling Club, 313 Conadilly St.
- **Tuesday March 17th Glen Innes** - Services Club, Grey St.
- **Wednesday March 18th Armidale** - Ex-Services Club Dumaresq St (TBC)
- **Monday March 23rd Moree** - Services Club, Albert St.
- **Tuesday March 24th Narrabri** - Narrabri Bowling Club, 176 Maitland St
- **Tuesday April 28th Inverell** - RSM Club, 68-76 Evans St.
- **Wednesday April 29th Tenterfield** - TBC
- **Central Coast Thursday 25th June@9am,** Showroom, Mingara Recreation Club. Mingara Drive, Tumbi Umbi
- **Hunter Thursday 23rd July@9am,** Level 2, Hunter Stadium, 294 Turton Road, Broadmeadow
CAREERS NEWS

Congratulations Callum Vanderent. Your application for work experience at Taronga Zoo has been successful!

You have been allocated the week of the 13 July 2015 to 17 July 2015 on the Birds Division.

HEALTH CAREERS FORUM

2015 HEALTH CAREERS FORUM – MANNING EDUCATION CENTRE, 69A HIGH STREET, TAREE

The University of Newcastle Department of Rural Health (UoNDRH) will be conducting its Health Careers Forum for Manning Secondary schools for Years 10, 11 and 12 students who may be interested in a career as a health professional. The invitation is also extended to parents and carers of the students attending.

The forum will include presentations and workshops by academics, clinicians and current UoNDRH students from health disciplines including: Medicine, Nutrition & Dietetics, Physiotherapy, Occupational Therapy, Pharmacy, Medical Radiation Science, Nursing and Speech Pathology.

Expressions of interest to me in the Careers Office as places strictly limited.

ADF GAP YEAR

The 2016 Australian Defence Force (ADF) Gap Year applications will be opening at 9am on Monday 2nd March 2015. Applications must be received online.

The ADF Gap Year program provides an opportunity for young Australians, who have finished Year 12 (or equivalent) and are aged between 17 and 24, to experience military training and lifestyle whilst gaining new skills and pay over their Gap Year.

Gap Year opportunities are available in the Navy, Army and Air Force in jobs such as Administration Clerk, Artilleryman, Driver, Rifleman, Unit Quartermaster.

The life skills and job training that you will acquire during your Gap Year experience will be valuable regardless of what career you ultimately undertake.

The Gap Year Program will commence in January/February 2016. For full details and to register your interest see: http://www.defencejobs.gov.au/education/GapYear/
ADFA EDUCATION AWARDS

Current Year 12 students please take note:

This award is presented to Year 12 students in recognition of leadership potential, and academic and sporting achievements exhibited during year 11. The award comprises a laptop and certificate along with plaque of recognition for your school. For eligibility and application see: http://www.defencejobs.gov.au/education/adfa/howToApply/educationAward.aspx

Applications close 28 February 2015.

For current Year 11 students – applications for you open on 1st May 2015.

Year 12 Transition Planning Interviews will be conducted Thursday 5th and Friday 6th of March. Students must attend and have been advised of their timeslot. Students who are absent should attend on Friday periods 1 or 2.

Mid Coast Connect with our education partner North coast TAFE wishes to invite you and your students to attend the 2015 Mid Coast Careers Market to be held at the Port Macquarie Race Club on Tuesday, 12 May 2015.

The focus of the fun & interactive showcase will be to increase awareness of local employment and training opportunities, vocational pathways and post school options for students from Years 10 - 12. Exhibitors will provide career information as well as displays and hands on activities.

The Mid Coast Careers Market is also appropriate for students from Work Studies, Work Education and Vocational Education and Training classes. In the past it has proved to be very valuable to students in Years 9 and 10 in helping them with future subject selection.
LOWER NORTH COAST ZONE SWIMMING CARNIVAL

This year, we had a strong contingent of students travel to Macksville for the Zone Swimming Carnival. I wish to thank Mrs Hicks and Mr Zirkler for supervising our students. It was an extremely long day with a 6:30am bus departure and return at 5pm.

Overall, Camden Haven High School came 3rd in total points. We had very strong performances from Jacob Sansom, our very talented DE student (see results below) and our girls relay teams. The list below are students who have now advanced to the Regional Swimming carnival which is extremely difficult to achieve. Congratulations!

**Aubrey, Dylan**  Male  Age: 15  Ind/Rel: 1 / 0  #36 Boys 15 100 Breast  1:52.83

**Austin, Emma**  Female  Age: 15  Ind/Rel: 1 / 0  #7 Girls 15 200 Free  3:17.28

**Barnes, Imogen**  Female  Age: 13  Ind/Rel: 1 / 0  #3 Girls 13 200 Free  3:55.50

**Chapman, Jack**  Male  Age: 14  Ind/Rel: 1 / 0  #34 Boys 14 100 Breast  1:34.53

**Currie, Amber**  Female  Age: 13  Ind/Rel: 1 / 0  #3 Girls 13 200 Free  3:37.00

**Everingham, Sacha**  Female Age: 14  Ind/Rel: 1 / 0  #68 Girls 14 50 Free  34.28

**Harris, Euan**  Male  Age: 12  Ind/Rel: 2 / 0  #2 Boys 12 200 Free  4:25.40

**Hearne, Callie**  Female  Age: 12  Ind/Rel: 1 / 0  #64 Girls 12 50 Free  39.80

**Kaul, Braden**  Male  Age: 15  Ind/Rel: 1 / 0  #20 Boys 15 100 Free  1:27.69

**Marshall, Tyrone**  S15  Male  Age: 15  Ind/Rel: 5 / 0

  #26 Boys 12 15 100 Free  1:44.24  #42 Boys 12 15 50 Breast  54.14
  #61 Boys 12 15 50 Back  53.16  #77 Boys 12 15 50 Free  42.40
  #95 Boys 12 15 50 Fly  1:02.22

**Rackley, Hugh**  S14,Sb14,Sm  Male  Age: 15  Ind/Rel: 5 / 0

  #8 Boys 15 200 Free  2:36.81  #26 Boys 12 15 100 Free  1:11.63
  #61 Boys 12 15 50 Back  43.10  #77 Boys 12 15 50 Free  32.63
  #95 Boys 12 15 50 Fly  47.28

**Sansom, Jacob**  Male  Age: 16  Ind/Rel: 7 / 0

  #10 Boys 16 200 Free  2:04.75  #22 Boys 16 100 Free  56.58
  #38 Boys 16 100 Breast  1:24.97  #57 Boys 16 100 Back  1:05.39
  #73 Boys 16 50 Free  26.00  #91 Boys 16 100 Fly  1:04.26
  #101 Boys 15 16 200 IM  2:34.59

**Tougher Wells, Jack**  Male  Age: 13  Ind/Rel: 4 / 0

  #16 Boys 13 100 Free  1:18.95  #32 Boys 13 100 Breast  1:42.50
  #51 Boys 13 100 Back  1:36.47  #67 Boys 13 50 Free  33.28
  #81 Boys Open 200 Medley 4 x 50 Relay  2:23.04
## Girls - Team Scores

<table>
<thead>
<tr>
<th>Place</th>
<th>Team</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Port Macquarie HS</td>
<td>356</td>
</tr>
<tr>
<td>2</td>
<td>Nambucca Heads HS</td>
<td>271</td>
</tr>
<tr>
<td>3</td>
<td>Macksville HS</td>
<td>222</td>
</tr>
<tr>
<td>4</td>
<td>Camden Haven HS</td>
<td>187</td>
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<tr>
<td>5</td>
<td>Melville HS</td>
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<tr>
<td>6</td>
<td>Westport Technology HS</td>
<td>52</td>
</tr>
<tr>
<td>6</td>
<td>Wauchope HS</td>
<td>52</td>
</tr>
<tr>
<td>8</td>
<td>Kempsey HS</td>
<td>47</td>
</tr>
</tbody>
</table>

## Boys - Team Scores

<table>
<thead>
<tr>
<th>Place</th>
<th>Team</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Macksville HS</td>
<td>406</td>
</tr>
<tr>
<td>2</td>
<td>Camden Haven HS</td>
<td>292</td>
</tr>
<tr>
<td>3</td>
<td>Port Macquarie HS</td>
<td>249</td>
</tr>
<tr>
<td>4</td>
<td>Melville HS</td>
<td>192</td>
</tr>
<tr>
<td>5</td>
<td>Nambucca Heads HS</td>
<td>69</td>
</tr>
<tr>
<td>6</td>
<td>Wauchope HS</td>
<td>42</td>
</tr>
<tr>
<td>7</td>
<td>Kempsey HS</td>
<td>14</td>
</tr>
<tr>
<td>8</td>
<td>Bowraville Central School</td>
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</table>

## Combined Team Scores

<table>
<thead>
<tr>
<th>Place</th>
<th>Team</th>
<th>Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Macksville HS</td>
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</tr>
<tr>
<td>2</td>
<td>Port Macquarie HS</td>
<td>617</td>
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<tr>
<td>3</td>
<td>Camden Haven HS</td>
<td>489</td>
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<tr>
<td>4</td>
<td>Nambucca Heads HS</td>
<td>354</td>
</tr>
<tr>
<td>5</td>
<td>Melville HS</td>
<td>329</td>
</tr>
<tr>
<td>6</td>
<td>Wauchope HS</td>
<td>94</td>
</tr>
<tr>
<td>7</td>
<td>Kempsey HS</td>
<td>61</td>
</tr>
</tbody>
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DANCING WITH THE STAFF

Dancing with the Staff is derived from the Logie Award-winning, Australian light entertainment reality show airing on the Seven Network and filmed live from the HSV-7 studios (now Global Television studios) in Melbourne. The show is based on the United Kingdom BBC Television series Strictly Come Dancing and is part of BBC Worldwide’s international Dancing with the Stars franchise. The show debuted in a short run from October to November 2004, then returned the following February.

The show pairs celebrities with professional ballroom dancers who each week compete against each other in a dance-off to impress a panel of judges and ultimately the viewing public in order to survive potential elimination. There is no elimination in our event. The purpose of our afternoon is to build confidence in both staff and students with their dance skills and also to build relationships.

Similar to the TV series, Camden Haven High School staff is taught basic Latin American dances including the Cha-Cha, Samba and Mambo. The practices are led by our very talented and experienced PDHPE Faculty, with Mr Kelly taking the lead. Mr Kelly has danced for many years and has tremendous experience in Latin dancing.

Every week, staff practice with their partners (students) in preparation for Friday 27 March finale event. This will take place in the MPC. Students are asked to bring a gold coin donation in order to view the performance and all money raised will go to Cancer Research.

Dancing with the Staff Participants

<table>
<thead>
<tr>
<th>Mr Ben Rudder</th>
<th>Ms Sharon Chelman</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mr Brett Anderson</td>
<td>Ms Verity Webber</td>
</tr>
<tr>
<td>Mr Shane Williams</td>
<td>Ms Chanelle Leaudais</td>
</tr>
<tr>
<td>Mr Todd Dalton</td>
<td>Ms Cori Gaynor</td>
</tr>
<tr>
<td>Mr Leon Mackiewicz</td>
<td>Mrs Di Edge</td>
</tr>
<tr>
<td>Mr Phil Baker</td>
<td>Mrs Liz Neville</td>
</tr>
<tr>
<td>Mr Matt Cowell</td>
<td>Mrs Carol Rudder</td>
</tr>
<tr>
<td>Mr Jasper Pengelly</td>
<td>Ms Meaghan Cook</td>
</tr>
<tr>
<td>Mr Rob Schouten</td>
<td>Mrs Merelyn Devine</td>
</tr>
<tr>
<td>Mr Peter Kelly</td>
<td>Mrs Joanne Read</td>
</tr>
<tr>
<td>Mrs Naassa Duar</td>
<td>Ms Lisa Glase</td>
</tr>
<tr>
<td>Mr Kevin McArdle</td>
<td>Mrs Cheryl Clayton</td>
</tr>
<tr>
<td>Ms Belinda Puntoriero</td>
<td>Ms Karla Schmalkuche</td>
</tr>
<tr>
<td>Mrs Nicole Hicks</td>
<td>Ms Catherine Griffiths</td>
</tr>
<tr>
<td>Ms Liz Lloyd James</td>
<td>Ms Emma Cutler</td>
</tr>
</tbody>
</table>

Ms Cook - Head Teacher PDHPE
VOLLEYBALL

On Tuesday 24th February, the school volleyballers took on Maverique in a top of the table clash. The team was a little nervous, but played consistently well throughout the game. The first set went back and forth with some strong serving from everyone keeping us in the game, and Jacob, Kelly, Shantelle and Callum were throwing themselves around to keep the ball alive. Some great communication and movement saw the team break away and continue to outscore Maverique to take the first set 25:18.

The second set started slowly with Maverique fighting well to take a 6:1 lead, however the team rallied and clawed their way back in with some strong hitting, great chasing and excellent team work. Jet and Molly passed and hit well and the team managed to take the set 25:16.

The final set saw some excellent rallies between the two teams with all players getting their hands on the ball for many rallies. It was again a back and forth game where many points could have gone either way, however CHHS managed to take the final set 15:7 and a well-deserved 3:0 win.

This week saw the school side take on NTSC who were coming off the back of a victory last week. The team had a full complement of players which gave everyone a great opportunity to work hard and have a quick rest. The first set was a battle of attrition with strong serving from everyone allowing us to slowly edge ahead. There were some great rallies with Jacob, Shantelle, Kelly and Jackson all scrambling well to keep the ball alive. By gaining an extra point on each serve we were able to take the first set 25:14, however this included some long rallies where the point could have gone either way.

The team took their confidence into the second set, but some missed opportunities allowed NTSC to take the lead. At 6 – 8 down, the side started to rally with Callum and Jet working well together to get in a couple of good spikes; which startled the opposition. Callum then served strongly and the team made a good break, finally taking the set 25:12.

The third set saw some strong serving from Molly which allowed us to take a handy lead which we never gave up. The team worked well all game, whilst starting to put together some really strong structure, allowing some dynamic attacks to finish the game. With continual improvement the side will challenge for a top spot as the season progresses. At the moment CHHS are sitting on top of the table, with only one other team not registering a loss thus far. It is great to see the team grow in confidence through their performances each week. Well done everyone.
What is the Family Energy Rebate?

The Family Energy Rebate helps to cover the cost of energy bills for NSW households with dependent children. In 2014-2015 the rebate gives:

- Up to $150 credit on electricity bills for eligible applicants who hold an account with an electricity retailer
- Up to $165 direct payment to nominated bank accounts for eligible applicants who live in a residential community (caravan or mobile home park) and receive electricity from the park operator.

Am I eligible for the rebate?

To be eligible you MUST:

- Be a NSW resident; and
- Have been assessed by the Federal Department of Human Services (DHS) as being eligible for the Family Tax Benefit (FTB) A or B at any time during the 2013-2014 financial year, and have received an FTB payment in respect of that eligibility; and
- Be an account holder of an electricity retailer, or a long-term resident of a residential community (caravan or mobile home park), whose name appears on the electricity account for supply to her or his principal place of residence.

What do I need to do before I apply?

Before you apply, here’s a quick checklist. Have you:

- Lodged your tax return for 2013-2014 with the Australian Taxation Office or informed the Department of Human Services (DHS) if you are not required to lodge a tax return?
- Received confirmation from DHS as to your eligibility for Family Tax Benefit A or B for 2013-2014?

How to apply

- ONLINE – it takes just two minutes to submit an application. Processing starts immediately.
- PAPER – download a form from the website, complete and submit by email, fax or post. Use this form if you receive your electricity from the operator of the residential community where you live.

FOR MORE INFORMATION & ASSISTANCE

PHONE Service NSW 13 77 88
EMAIL fer.program@trade.nsw.gov.au
LNC Hockey Trials and CHS Knockout

The LNC open hockey trials and CHS knockout is happening on Monday 23 March at the Port Macquarie Hockey Fields.

Please see Mr Dickenson in the Careers Office

Welcome to Season 2015.

Another exciting year of Vikings Rugby Union is upon us. This year will be a HUGE year for the mighty Hastings Valley Vikings. It is the clubs 20th year; yes that’s right 20 years. The Hastings Valley Vikings are also the current and defending PREMIERS in both 1st Grade and also Reserve Grade.

Even more exciting for season 2015 for the 1st time in Vikings history the club will be fielding teams in all Junior age groups including Under 14’s, Under 16’s, and the Under 18’s. So if you would like to come and get involved in the best family friendly club on the Mid North Coast you need to get on down to training or ring the Hastings Valley Vikings Junior representative.

Contact: Craig Smith 0439810612
Smithie1971@gmail.com

Training: Oxley Oval - Tuesdays and Thursdays 5pm

Camden Haven Bombers AFL Club Rego Dates

Tuesday 24th February – Laurieton Oval from 3.30 till 4.30
Sunday 1st March – North Haven Bowling Club 10 till 11.30

Or see Mr Mearrick for a rego form.