All students have now completed their mid-course examinations and reports are being completed by staff. Students continue to be involved in a wide variety of activities with many teams and individuals being successful in moving to state representation. Well done and best wishes for success in future events.

Our Captains travelled to Sydney last week to meet with the Governor and this week along with the Vice Captains and members of the Student Representative Council (SRC), hosted a Leadership Day for the leaders from our local primary schools. This involved forty aspiring leaders participating in a range of activities and working alongside their peers from other schools and Camden Haven School students to develop an understanding of how our school, a large and complex school community with many facilities, is able to operate so effectively each day.

I am looking forward to the musical production, Back to the Eighties, being held in week 10 of this term. Having seen the rehearsals last week, we certainly have some talented students and staff involved and it is certain to be a fabulous showcase. So pencil June 22, 23 and 24 in your dairy.

The link below is just one of the DEC sites available to provide assistance to parents to support their student’s learning.

Assignment starters A-Z

What projects or essays does your child have that? One of them could be among the School A-Z website’s assignment starters – resources designed to point you in the right direction.


Mrs M Hutchinson

17/6 ‘Rise of the Eco Warriors’ Film & Inspirational Talk
17-18/6 Dance Festival
22-24/6 Back to the 80’s musical
ON-SITE HAPPENINGS

BUILDING BRIDGES WITH INDONESIA

Camden Haven High School is one of 132 schools around Australia embarking on a ground-breaking intercultural understanding project aimed at building a permanent bridge between our two cultures.

The Australia–Indonesia Building Relationships through Intercultural Dialogue and Growing Engagement (BRIDGE) School Partnerships Project currently involves 528 teachers from 264 schools, and connects thousands of Indonesian and Australian students.

Camden Haven High School launched the program with a two week visit from teachers from a school from Singkawang in West Kalimantan (Borneo). Mella Zuniarti and Fery Hardi, from junior high school SMP Singkawang 16, worked mostly with Mr Rourke, our Indonesian teacher, and Mrs Harland in Home Economics, but they also took part in English, Science, Mathematics, Dance and Graphics classes. Mr Rourke’s students were privileged to listen to the language and learn about the culture from native Indonesians. And Mrs Harland’s classes were able to enjoy cooking Indonesian specialties such as Nasi Uduk (rice with coconut milk and spices).

At assembly last week Bu Mella and Pak Fery were interviewed by Maddi Symons and Bianca Williams from the 7R Indonesian class. They informed us that the hardest thing they had to get used to was the cold (Singkawang is located close to the equator) and the lack of “jam karet” (rubber time – a concept in Indonesia whereby it is acceptable to be late – often due to the reality of traffic jams in places like Jakarta!). Students were also surprised to hear that school goes from Monday to Saturday in Indonesia.

The visit was a success and has led to a deeper understanding of the things we have in common with our neighbours. We look forward to a lasting relationship between our community, teachers and students with SMP Singkawang. The visit will be reciprocated by Mr Rourke and Mrs Harland in the October holidays.
YOUTH MENTORING PROGRAM

Students Set to Serve the Community

Five of our Year 9 students have been selected to participate in a new State Government Youth Mentoring program – Youth Frontiers. This program is a state-wide initiative aimed at engaging young people in community service, and developing leadership capacity. Youth Frontiers started on 22 May at The Westport Bowling Club with a workshop involving all participants across the Port Macquarie Electorate.

Ashley Vallack, Ethan McDonald, Harrison Taylor, Kyle Blackman and Ryan Smith were introduced to their mentors, local community members. They will have ten mentoring sessions between now and the end of the program in November.

During this time and with the support of their mentors, they will be identifying needs in the community and each coming up with a project to meeting some of those needs. There are seven categories the students will choose from:

- Community Harmony – multiculturalism and diversity
- Youth Mental Health
- Engaging young people in sport
- The Centenary of ANZAC
- Environmentalism and Conservation
- Empowering Young Women
- Their Own Idea

We look forward to seeing the projects they develop, and the skills they learn through this great opportunity.
SES CADET TRAINING

The students of the Year 9/10 elective Ventures in Enterprise would like to thank the SES volunteers that instructed them as part of the SES Cadet program last week. The students spent the entire week with their SES instructors learning about volunteering and the role played by the State Emergency Services. The program culminated with a day of activities where over 20 local volunteers from Camden Haven, Taree and Harrington shared their skills with the students. As part of the program they also visited a range of emergency services in Taree and experienced a variety of tools and equipment that the volunteers use in their jobs. The SES also provided each student with meals and a variety of free gear such as a t-shirts, shoes, gloves and backpacks.

On the final day the students encountered a range of ‘emergency’ activities to complete and this gave them an ideal opportunity to practice skills such as communication, teamwork, leadership, initiative and problem solving.
Year 8 History has been studying the medieval period of Japan, and in particular, the Tokugawa Shogunate. They have enjoyed learning about Emperors, Shoguns, and Samurai. The class was drawn out at random to be placed in the different social classes in order to get a deeper understanding of the roles and responsibilities in the Japanese Feudal system. They learnt about the many aspects of everyday life in this period and they were able to use their newly acquired essay writing skills in the examination on this topic.

They finished this unit of work with a hands-on lesson. The students tried some miso soup (with some of them enjoying it and wanting to know where it was bought!) and rice crackers before creating either origami or a Koi kite. Ms Hogan was quite impressed with the ability of many students with the origami and their willingness to try new experiences.
Students were horrified to find so much marine debris washed up on our beautiful South Beach, Dunbogan. Years 9, 10 and 12 Marine students took part in cleaning up South Beach to provide information to Scientists at CSIRO and Tangaroa Blue (National Marine Debris Imitative) on the amount and type of debris washing up or being left on our beaches.

In a small area (300 m by 50 m) of the beach a total of 15 kg of rubbish was collected! 3.5 kg of this alone was plastic and 1 kg was foam (that is an incredible amount of rubbish especially when you consider how light plastic and foam is). Some of the plastic objects included Cylume sticks used by fishermen at night and cigarette lighters. It is an absolute disgrace. There was also 1.5 kg of rope and fishing line. There were even pieces of furniture items (wood) that weighed 6 kg. We also found lots of thongs. Many of the items had been washed in from elsewhere but some items would have been left by careless visitors.

The take home message is please dispose of your rubbish properly, anything that gets dumped on land eventually ends up in the ocean and kills marine life and eventually this will come back to bite us.

Marine Debris includes all the items made by humans that eventually end up in the oceans such as fishing nets, plastic bottles, plastic bags, cigarette butts etc. that are causing havoc to marine wildlife. So far over 270 species have been found to be affected by marine debris; from the tiny microscopic plankton to the top predators in our oceans. It is also estimated the 3.5 million pieces of plastic end up in our oceans daily!

Many species have been found to ingest (eat) the plastics and others get trapped and tangled in the huge ghost nets that roam around our oceans. It has been estimated that there are 6.4 million tonnes of fishing gear roaming around in the oceans trapping anything in its wake (turtles, dolphins, whales, sharks etc.).

We also have five huge gyres where plastics accumulate in the ocean currents. The largest is The Great Pacific Garbage Patch and has an area of floating plastic larger than Texas, USA! Humans therefore need to act now before we destroy our ocean life. It has been estimated that it would take over 400 years to clean up The Great Pacific Garbage Patch because we do not have the technology to do it. The trouble is that much of the plastic is broken up into tiny pieces and therefore it is like a ‘plastic soup’.

Scientists have found that 80 % of debris that enter the ocean has come from the land and 20 % from shipping. We therefore need better waste management practises to stop this from happening or we need to stop using plastics!

Another major problem with the plastics in the ocean is that not only do they last forever they accumulate toxins dissolved in seawater on their surface. Toxins include mercury (neuro toxin) and carcinogens (cancer causing chemicals). Fish are eating this plastic and we are consuming the fish along with the toxins that will have accumulated in their flesh. Therefore the plastic problem will have a major influence on human health. If you eat fish this is of major concern to you!

Dr. D Geronimi
In Week 3 Term 2, the Cattle Team competed in the Wingham Beef Week Competition against a very tough group of competitors. The Cattle Team spent a lot of time in the lead up to Beef Week preparing their cattle. The 25 students, along with Mr Hickson and Miss Cutler, travelled to Wingham on Tuesday and spent the week participating in educational events and Junior Judging and Parading Competitions. The students washed, groomed and prepared the cattle and themselves for the Beef and Parading Competitions. As part of the week, students are provided fantastic educational opportunities learning about meat science, the quality of meat and carcases through the Meat Appreciation Competitions. Students are provided with the opportunity to enter the Wingham Live Exports Abattoir and judge Cattle over the hook through judging of carcases and meat cuts.

The students had a fantastic time and learnt a lot from the experience. They developed excellent team work and represented the school well, receiving lots of positive feedback for their team work and behaviour during the competition. Two students, Shannon Woodward Year 12 and Alana Fletcher Year 7 were selected for the Herdsperson Award. This award is for students who demonstrate leadership, team work and good animal husbandry over the entire week. An anonymous panel observe students to select worthy candidates.

Some notable results include:

Herdsperson Award
Year 12 Shannon Woodward
Year 7 Alana Fletcher

Junior Judging
Year 9 Emma Kaul - 3rd
Year 10 Jaimee Ashe – 7th

Junior Parading
Year 7 Liana Parish 4th
Year 9 Emma Kaul 6th
Year 10 Ben Connolly 6th

Cattle
6th - Henry the Hereford in lightweight division
Champion Marbled Carcase - Scar
Back to the 80s is the upcoming school musical at Camden Haven High School.

It tells the story of the 1989 graduating class of William Ocean High as seen through the eyes of the narrator, Corey Palmer Snr, who is now living in the year 2001.

The then 17-year-old Corey is madly in love with his next-door neighbour, Tiffany Houston, one of the coolest girls in the school. However, she barely notices this as she is too busy mooning over Michael Feldman, the hottest guy around.

Lindsay Kaul, in Year 11 at CHHS, is the Musical Director. His love of music is obvious. He plays a variety of instruments and has been involved in numerous musicals, both locally and in Sydney, since 2012. He is currently working hard to teach and direct the musical component of Back to the 80s within a very short time frame. The ten piece rock band includes two keyboards, guitar, bass, drums, trumpet, trombone, flute and two alto saxophones. Rehearsals take place twice a week and the band has 27 musical numbers to get ready before opening night. Lindsay, and the musicians, however, are up for the challenge and when you see the show you will be suitably impressed with their outstanding musicality.

Want to know more? Come along to the show and see how it all evolves.

Where: Camden Haven High School MPC
When: 22, 23, 24 June starting at 7pm!
Price: Tickets are $10 per person or $30 a family to be purchased at the door
YEAR 7 TECHNOLOGY

Miss Cutler’s Year 7 Technology class’s 7T2 and 7T5 have been busy developing their food preparation skills this term in Food Technology. Both classes have had a lot of fun learning how to safely and hygienically prepare a range of food from biscuits and pikelets to spaghetti bolognaise and fried rice.

The classes are now in the stages of preparing and trialling recipes for a Muffin Challenge, where students will design a muffin for a judging panel to try. The students have done very well in the kitchen so far, with many now referring to themselves as Chef’s!

SRC NEWS

Thursday 18 June is our next out-of-uniform day. With all the 80’s music that can be heard around the school, rehearsing for the musical – the SRC thought they would like to get into the groove! So.... come in your 80’s gear. Gold coin donation will be sought on the day. Big, boofy hair styles and blue eyeshadow all round!!

Luminosity Youth Summit is on again this year in Port Macquarie. The dates are 15 – 17 July. This is the first week back in term 3. The SRC will be providing some sponsorship for this however places will be limited. If you would like to attend please see Mrs Wilson as soon as possible by Friday 19 June. This is the third year this has been held and everyone that has attended has enjoyed it immensely and received a great deal from it. Get on the website provided below and have a look at the guest speakers that are attending this year. It is bound to be another motivational and interesting event.


Mrs Wilson
OLYMPICS IN SIGHT

My name is Matty Cox. I’m in Year 11 and I am a snowboarder.

I hope to represent my country at many winter Olympics in the 1/2 pipe.

The attached picture is of me going from one 1/2 pipe to another. Redbull made a double half pipe at Vail last season and I was able to ride it.

I travel to the USA, Colorado in summer OZ time. New Zealand for our winter and Perisher NSW is my home mountain.

I am now recognised by the NSWIS and I am part of their Aussie athletes team.
FILM - RISE OF THE ECO WARRIORS

All Students are invited to view the film ‘Rise of the Eco Warriors’ and listen to an inspirational talk by one of the cast members, Cathy Henkel. The film is Wednesday 17 June during Periods 1 and 2, in the Performance Space and will benefit students in several subject areas - Science, Social Science and Indonesian. All students are encouraged to attend. The cost is $4 to be paid to the office by Monday.

A group of passionate and naïve young people leave their known worlds behind to spend 100 days in the jungles of Borneo. Their mission is to confront one of the great global challenges of our time, saving rainforests and giving hope to endangered orangutans. Their task is enormous and the odds are against them. Jojo, an orphaned baby orangutan, is entrusted in their care and they must find a way to return her to her forest home. To do this, they need to build an orangutan rehabilitation centre and find ways to help the local communities protect their forest.

Under the guidance of their mentor Dr Willie Smits, they introduce an innovative satellite monitoring system called Earthwatchers and enlist the help of school students around the world. The system is put to the test when the bulldozers move in and threaten the future of a nearby community living in a traditional longhouse. This is a story about what it takes to be an eco-warrior, an individual willing to step up and take action to avert a global catastrophe taking place before our eyes. The eco-warriors represent a new generation, ready to face what is happening on our planet and willing to do something, no matter how small, to build a more humane and balanced world. For them, every individual matters, every action counts.

Written by Cathy Henkel

SCHOOL LEAVERS EXPO’S FOR STUDENTS WITH A DISABILITY

You may not think of yourself as having a ‘disability’ but the definition under the Disability Discrimination Act is broad and includes learning disability, Autism Spectrum Disorders, medical conditions, mental illness, physical conditions, sensory impairments, intellectual disability, and much more. Do you have to put in extra effort at school because of your disability or condition? If so, then this Expo is for you.

Central Coast     Thursday 25th June
Mingara Recreation Club
Mingara Drive
Tumbi Umbi

Hunter Venue     Thursday 23rd July
Hunter Stadium
294 Turton Road
Broadmeadow

9am-1pm

NATIONAL CONSISTENT COLLECTION OF DATA (NCCD)

The National Consistent Collection of Data for students with a disability will be taking place again in August. Please see the Information for Parents flyer on the school website for more information.
**P&C MEETING CANCELLED**

Next week’s P&C meeting has been cancelled. The next meeting will be 21st July at 6pm. All are welcome. We are looking for helpers to serve in the canteen on the evenings of 22-24 June for ‘Back to the 80s’. If you can assist please contact Chris at the canteen 6556 8120.

Mrs J Kaul - CHHS P&C President

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**STUDY SKILLS**

Top Tips for Moving Information into Long Term Memory.

The following are some tips which may help you to move information from short to long term memory.

1. **BE ENGAGED:** If you are interested in what you are learning you are more likely to remember it. Ask questions, pre-read information, make summaries and follow up on things you don’t understand.

2. **USE REPETITION:** Repetition is key to transferring information from short term to long term memory. The more often you practice a technique, or revise your information the better it will transfer to long term memory.

3. **RECORD INFO:** Don’t just write down everything your teacher says, or copy straight from a textbook or the Internet. Think about what is being communicated and create notes that are accurate, meaningful to you and build connections. Mind maps are a helpful tool for this.

4. **ORGANISE INFO:** When you are studying for a topic, make sure you organise the information into small, distinct chunks.

5. **VISUALISE INFO:** Build a mental picture of what you are trying to remember, like the parts of a plant or a battle in history.

6. **BUILD ASSOCIATIONS:** This might mean developing some kind of sensory cue which enables you to remember information such as smell or sound. Try turning your notes into a song or poem.

7. **SHAKE THINGS UP:** Write in a crazy font, use lots of colours, use your left hand to write instead of your right...anything that makes your brain have to engage more actively with what it is you are trying to learn.

8. **FUEL YOUR BRAIN:** If you want your brain to work well for you, you also need to work well for your brain. Eating foods rich in Omega 3 and essential fatty acids (such as fish, nuts, legumes and leafy green vegetables) will help your brain to function optimally. Drink lots of water so that your brain doesn’t dehydrate. Keep away from too much caffeine which may impair brain function.

9. **REST YOUR BRAIN:** Getting fresh air and exercise helps your brain to process information, as does sleep. Most students need 8-10 hours of sleep a night. The last stage of memory consolidation takes place while you are sleeping so ensure you get enough sleep each night.

Learn more this year about how to studying effectively by working through the units on www.studyskillshandbook.com.au, particularly Active Studying and Your Brain and Memory. Our school’s access details are:

USERNAME: camdenhavenhs

PASSWORD: 40 success
Camden Haven High School presents

By Arrangement with David Spicer Productions

Back to the 80's

June 22nd, 23rd, 24th 7pm
Camden Haven High School MPC
$10 single $30 family
Tickets available at the door
Canteen open
PORT MACQUARIE AND DISTRICT CAREERS EXPO

Planning is well underway for the 2015 Port Macquarie and District Careers Expo that is held annually to support local senior secondary students make the transition from secondary school to further education and work. On Thursday 23rd July local year 12 students, their teachers and parents will pack Camden Haven High School’s Multi Purpose Centre to find out the latest information about courses available at universities, TAFE and private deliverers. There will be Exhibitors willing to share their knowledge of job opportunities from local, state and national government and private businesses.

At the 2014 Expo, the Lower North Coast Careers Advisers’ Association were proud to partner with over 50 Exhibitors and as always, a packed Expo is expected providing a wealth of career information. This year’s exhibitor list will be published as soon as Exhibitor registration closes. Exhibitors will be invited to a network luncheon hosted by LNCCAA members at the completion of the day.

Exhibitors, schools and parents can access this information by going to the website – www.careers-expo.org.au or by contacting Mr Tony Dickenson at Camden Haven High School on 65568100 or Mr Glen Bowman at Taree High School on 6552 1166.
Camden Haven High School has once again claimed another Table Tennis victory, this time winning the Regional Final held at Coffs Harbour. Our team managed to defeat Kadina Sports High winning five of our six matches. Although not reflected in the final match score, some of these matches were closely fought with two of these dependant on the fifth set.

Our number one ranked player Corey Clarke looked like he was set for an easy win in his fifth singles set leading 9-1, however Kadina fought back hard, almost snatching victory from the jaws of defeat with the final score 11-8 our way.

Blake Clarke fought a difficult singles match against probably their most skilled opponent, with both players extracting maximum spin on the ball. Blake eventually went down even though most of the games could have gone either way.

Blake Hudson only took a short while to measure his opponent’s level of skill and then proceeded to exploit his weaknesses with an impressive display of power and precision.

Blake Farnsworth is undoubtedly our most improved player and now easily matches the skill level of the rest of the team. His ability to set up a third ball attack from the serve is outstanding and this was used many times in his convincing 3-0 win over his opponent.

The boys managed to win the next two doubles matches through a brilliant display of teamwork with each partnership complementing each other’s strengths.

It is the depth of talent that the team possesses that has seen us win through to the state finals in a few weeks’ time. Congratulations boys and we are all looking forward to a great experience.

Coach Rudder
Limbs 4 Kids - Australia’s first program for children living with limb loss launched

As of today all Australian children and young people with limb differences and those who care for them have a website to call their own – www.limbs4kids.org.au The Limbs 4 Kids website is an initiative of Limbs 4 Life, Australia’s peak organisation for amputees and persons with limb difference.

The Limbs 4 Kids program and its website is the first of its kind in Australia; providing comprehensive information and resources for parents and healthcare professionals caring for children and young people with congenital and acquired limb differences.

Melissa Noonan, Chief Executive Officer of Limbs 4 Life, said that “The national Limbs 4 Kids program and website will support and resource the thousands of Australian families who care for children born with a limb difference or who have a limb amputated during their childhood”.

In Australia it is estimated that over 2,500 children and young people have a limb difference. A limb difference may be caused by a congenital condition identified during pregnancy or soon after birth, or as a result of a limb amputation due to trauma, infection or cancer. Some children with a limb difference use a prosthetic limb while others may not and use other assistive devices instead.

The Limbs 4 Kids website is a key feature of the new Limbs 4 Kids program; established in response to needs identified by parents of children with limb difference and underpinned by research conducted by Monash University. The Limbs 4 Kids program facilitates connections between parents, offers peer support, provides ‘on demand’ information and resources and is increasing knowledge about limb difference in the wider Australian community.

A key feature of the Limbs 4 Kids website is its Learning Centre. “The Limbs 4 Kids Learning Centre is the first online library of its kind in Australia, containing information about the key physical, social and educational milestones experienced by children and young people with limb difference. This library also covers issues that particularly affect families caring for a child with limb difference and provides tips for how to address these”, said Melissa.

Additional website features include an online Kids-Link Forum, stories, videos, publications, Thrive magazine and opportunities to access peer support or become a trained Peer Support Volunteer.

The Limbs 4 Kids program is generously funded by nib foundation who, like Limbs 4 Life, are committed to ensuring that all children with limb difference and their caregivers receive access to informed and timely support.
WEP STUDENT EXCHANGE - LEARN AND DISCOVER THE WORLD

WEP Australia is a not-for-profit student exchange organisation registered with the Education Departments in NSW, QLD and VIC.
Applications for short and long-term programs commencing from November 2015 onward are open now. Students can choose from over 25 countries to live with a volunteer WEP host family and attend an overseas high school for a summer, semester or year.
To request program information for your family visit:
www.wep.org.au or email info@wep.org.au or call 1300884733

Hastings Junior Baseball
Come and try day
June 14 2015 Blackbutt Park, Wauchope. 8.30am for a 9am start.
Boys and Girls 4 to 15 yeats. Come and try T Ball, Zooka, Liveball.
Then stay on a watch the seniors play baseball.
Canteen will be in operation.
info@hastingsbaseball.com.au
come and...

DISCOVER ENGINEERING

TOPICS

Areas to be addressed include:
Why be an Engineer?
What do Engineers Do?
How do you Become an Engineer?
What is it Like to Study Engineering?

Guest speakers include:
Engineering professionals,
university representatives
and university students

DATE

Monday 22nd June 2015
from 5.30pm, at the Chapel
St Columba Anglican School
3 Iona Ave (off Major Innes Road)
PORT MACQUARIE

This free forum is for all high school students who are interested in Engineering as a career choice.

Light refreshments will be served

REGISTER

Registration essential by:
Friday 19th June 2015

Please CLICK HERE
to register your attendance

Further information available at: 02 4911 7310
www.engineersaustralia.org.au/newcastle-division/events

SPONSORED BY:
Save the Date!

Living Well Expo

and

The Coffs Coast Community Expo Working Party presents the biannual

‘Get Linked Into Life’ Expo

Wednesday 19th August 2015

10am to 3.00pm C.ex Coffs
1 Vernon Street, Coffs Harbour NSW 2450

The Expo will provide information for people living with disability and their Carers through guest speakers, panels and exhibits by services that are available in the local area. It is free to attend and there will be refreshments, entertainment and prizes on offer.

Many people can benefit by enhancing their quality of life, improve life expectancy and receive social benefits from accessing services that help them live more independently, remain in their own home and be involved and connected to the community. The Expo aims to attract exhibitors and individuals showcasing a range of activities to let visitors know what is available in the Coffs Coast area to help them achieve this and break down barriers.

This year’s panels and themes are not limited to, but include:

H The National Disability Insurance Scheme – NDIS
H Q&A sessions
H Jennie Fenton - Living Life My Way
H Panel discussion with local people with lived experience of disability

Visit www.midcoastcommunities.org.au for more information.

Coffs Coast Community Expo Working Party consists of dedicated volunteers from the following organisations: Alzheimer’s Australia NSW, C.ex Coffs, Carers Program Mid North Coast Local Health District, Carers NSW, Coffs Coast Regional Disability Committee Inc, Coffs Harbour City Council, Commonwealth Respite Centre, Community Care Options, Community Transport, Department of Human Services(DHS) Centrelink Service Centre, Mid Coast Communities, Northcott, NSW Home Support Services.