The final two weeks of term have continued to be very full with lots of activities happening across all year groups. All the Practical Examinations for Year 12 students have now been completed and all practical tasks submitted for marking. Year 7 sport were involved in a rewards program for their positive attitude and enthusiastic participation during the year and travelled to Port Macquarie for putt putt golf, hydro golf and flip out. A great time was had by all.

Last week Year 8 were involved in an excursion to Swans Crossing for Enterprise Skills. This was a team bonding and problem solving exercise for students with positive feedback form those in attendance. Mrs Wilson’s Enterprise class had a focus on leadership and they visited North Haven Public School and ran a program with Year 5 students, further strengthening our ties and extending our links to our feeder schools, an enjoyable day with positive feedback from students.

The Graduation Ceremony for Year 12 was the highlight of this week. We were pleased that some of the students who study by distance were also able to be in attendance. All students were recognised for the successful completion of their schooling and those students who have excelled in various fields were acknowledged for their outstanding achievements. Congratulations to all our wonderful students on your achievements. Well done and best wishes for the HSC examinations.

I would like to wish all students a happy and safe vacation. School resumes on Tuesday 6 October, with HSC examinations commencing the following week, Monday 12 October.

Mrs M Hutchinson
R U OK Day is an annual day in September (the second Thursday) dedicated to remind people to ask family, friends and colleagues the question, “R U OK?” in a meaningful way, because connecting regularly and meaningfully is one thing everyone can do to make a difference to anyone who might be struggling.

This year, like many in the past, the school recognised R U OK Day with the Principal and Deputy Principal’s cooking breakfast for the staff and everyone choosing to wear brightly coloured clothes of purple, orange, yellow and/or turquoise instead of school uniforms.

Students were encouraged to contribute a gold coin which was donated to the R U OK? not for profit suicide prevention organisation.
SHARK AND RAY EXCURSION

Tuesday 8 September saw Year 9 Marine Studies students travel to Port Stevens to visit Cookabarra Barramundi farm and the Irukandji Shark & Ray Centre. At Cookabarra students were given some hands-on experience in the commercial production of Barramundi from a small three centimetre fish to a large ninety centimetres plus adult.

At the Irukandji Shark & Ray Centre students entered the waters to get a once in a life time experience to swim, feed and touch up to nine different species of shark and ray. We were also lucky enough to see the centres new arrives, four newborn gummy sharks that were born less then forty-eight hours earlier.

A new respect for these marine creatures was created and a great day was had by all.
MEDIEVAL FEAST

Lords, Ladies, crusading knights, royalty and peasants alike converged on a Medieval Feast fit for a king. After having had many lessons on medieval food, crime and punishment, clothing and other aspects of medieval society, the practical application for Ms Hogan’s Year 8 class prompted many conversations about the authenticity of what was on offer. It is great to see the students engaging with their learning and using their knowledge to have discussions and even make jokes! When one student claimed to be William Wallace, it sparked a conversation as to his physical likeness to Mel Gibson :)

After dressing up, feasting and a sword fighting display it can be said that the unit on Medieval Europe, culminating in a medieval feast, was a resounding success!
ENTERPRISE SKILLS CLASS

What can students teach politicians?

On Monday 14 September twenty Year 8 students from the Enterprise Skills Program ran an amazing leadership training day for two Year 5 classes at North Haven Public School. Activities on the day concentrated on problem solving, working together to achieve the best team outcome, showing respect and staying focused under challenging conditions.

Year 8, with the help of Mrs Wilson, worked all term on creating a day of fun and challenging activities for the primary school students. Part of the planning ensured that the Year 5 students were rewarded for their hard work with sincere encouragement, and the odd sticker or prize.

At the end of the day the Year 5 students wrote an evaluation with comments such as “best day ever”, “loved the egg drop activity”, “Camden Haven High kids are cool” and “thanks for the day”.

CHHS students would like to thank the students and staff from North Haven Public School, especially Mrs Bell, Mrs Salter and Principal, Mrs Wild.

Congratulations to everyone involved for an amazing leadership training day and we look forward to continuing this wonderful link with NHPS.
YEAR 8 SWANS CROSSING EXCURSION

Friday 11 September saw over one hundred Year 8 students completed a six kilometre walk carrying their school bags all the way on a homemade stretcher. The group also completed a ropes challenge and participated in some activities with volunteer bush fire fighters. The day culminated in a delicious BBQ where everyone roasted marshmallows on a pit fire they had constructed.

No one complained about the mud, warm drinks, pit toilets, leeches or lantana scrapes. Many were pushed out of their comfort zone and responded incredibly well.

The day was organised by Mr Northey, Mr Casimir, Ms Navan and Mrs Wilson who were supported by six other staff members and two SLSOs on the day.

Everyone involved is to be congratulated on making this activity such a success.

Mr D Mearrick Head Teacher – Social Science
DO CHEMISTRY - WILL TRAVEL

During the last three months, the Year 12 Chemistry class has participated in three excursions to give them a different perspective to aspects of their course.

The first excursion was in June when the class travelled to the Orica Chemical Plant at Kooragang Island near Newcastle to study and see the Haber process of manufacturing ammonia. During this visit they saw the chemical plant firsthand and also met and talked with a number of chemical engineers to understand their role in controlling the process.

Later in June the second excursion took them to Newcastle University to participate in Experiment Fest, a half day of experiments directly related to the Chemistry syllabus. The experiments included titrations and using an Atomic Absorption Spectroscope. Biology students also participated in this excursion and completed a range of Biology experiments.

In early August a number of the class gave up their ‘put your feet up Friday’ at the end of their trial exams to spend a day studying the Port Macquarie Hastings Council water supply, purification, treatment and recycling systems. The students first went to the testing laboratories in Port Macquarie to look at water quality testing, then to the pump station at Koree Island for an overview of the Hastings catchment and an inspection of the water treatment and pump facility. This was followed by lunch at Cowarra dam with most agreeing that Mr Mackiewicz’s minute steak sandwiches were one of the highlights of the trip. The final stop was in Port Macquarie to look over the ultra filtration process that recycles treated sewage water for use by industry. The students learnt that this is treated to a higher standard than drinking water.
LEARNING SUPPORT AND WELFARE - GIRL TALK

Girl Talk is a weekly peer support program made up of girls between Years 7 to 10. The senior girls served as valuable mentors, as they were paired with the junior students. Each Tuesday afternoon twelve students met with their Learning Support Officers, Tracey and Jenny.

Topics such as bullying, body image, friendships, parents and family were blended into fun lessons and activities as the girls developed their skills in health, make up, skin care, hair, personal etiquette and deportment.

Sessions started with an open discussion through the use of a ‘Girl Talk Box’. In the box, which was passed around in the group, there were relevant quotes, Life Themes and scenarios. Questions were answered, opinions discussed and support and encouragement provided. A great time was had by all.
On Tuesday 1 September, students of Mr Kelly’s Vet/Pet Care class and Mr Shilling’s Agrifoods class, made their way to Camp Cobark.

Now, Camp Cobark you might see it as just a “trail ride”, when all you do is follow the leader, down a straight track, easy right? Well not so easy. The first day, was probably the easiest. We were given our horses, and our saddles, and had our trail ride, which was great for some, and scary for others (right Anna and Bambi?).

After our ride we cooked dinner, cleaned up and then tried to find service to post photos of our amazing time on Facebook. Then we enjoyed a very intense game of “touch” footy.

The second day was a whole another experience. We left the trails, and rode out in the hilly paddocks, where we cantered and raced each other up the hills. Wednesday was the “muster”! We mustered cattle from a top paddock, to the yards, and put our cattle handling skills to the test.

By the last day, our legs were sore; and we were looking forward to going home. We climbed hills and jumped creeks, and said our goodbyes. Then we headed home.

Camp Cobark was an amazing trip. From watching Snappy make it up to third gear on Garry (Gazza), to Ms Cutler being tied up, from Snappy’s missing hat (that wasn’t actually missing), Ms Cutlers fall, and of course the singing on the way home, this made it a trip to remember. Thanks to Mr Kelly, Miss Cutler and Snappy for taking us.

Jamie Ashe Year 10
Pictured here are some of the students attending the Support Centre at Toronto. Jessika, Mitchel, Jacob and Emily have engaged well in this classroom environment and are busy working towards their end of term break.

Well done Toronto Support Centre students.

Tobias and his mum investigate the oddities found in some rare Australian coins at the Toronto Support Centre. This is an interesting class which encourages students to be mindful and observant of how coins can be more valuable than just their face value.
Well done Joshua!

Joshua Thompson pictured here at the Rutherford Support Centre proudly displays the 100% result gained on his mathematic title page.

Well done Joshua!

Nambucca Valley Youth Services Centre Visit

Support centres are a great way for students to get assistance with their school work in a small group situation with teachers from Camden Haven High School. It is also an opportunity to talk with teachers about concerns with studying via Distance Education to make sure that everyone gets the most out of education. Students develop social and communication skills and build a rapport with the teachers that attend. Recently, Mr Mason and Ms Hogan attended Nambucca Heads and Bellingen support centres and saw the benefits that many students have been able to get from having teachers visit.

During the morning, Year 10 student, Ruby, was at Bellingen support centre, she was able to complete a week’s work in English with Ms Hogan. She also had Mr Mason go through the Geography research task and explain what was required. This allowed her to complete half of the work and she decided to complete the rest at home now that she had made such a good start. We were able to have a good discussion with Ruby about her ideas of study next year and suggested that she talk to the Careers Adviser, Mr Gray.

Sam, a Year 12 student at Bellingen, was able to do an hour lesson focussing on revision for the HSC. Savanna, from Dorrigo, came down to Bellingen to take advantage of the lesson as well.
CAMDEN HAVEN HIGH SCHOOL

HSC LAUNCH

YOU ARE INVITED

...to a parent session on:

- WHY HSC ASSESSMENT IS SO IMPORTANT
- HOW TO HELP YOUR STUDENT STUDY
- BIOLOGICAL & ACADEMIC NEEDS THROUGHOUT YEAR 12
- RESOURCES THAT WILL HELP YOU BOTH
- HELPFUL HINTS FROM A PARENT WHO HAS SURVIVED THE HSC

WHEN?  TERM 4—WEEK 1 - THURSDAY 8TH OCTOBER 2015 - 5pm

WHERE?  CHHS — STAFF COMMON ROOM

RSVP:
If you have any questions or would like to come, please just call or email:

Liz Neville—65568297  elizabeth.neville5@det.nsw.edu.au
Or
Ben Sainsbury—65568241  benjamin.sainsbury2@det.nsw.edu.au
Would you like to get a qualification while at home raising your family? 
(Get a head start to getting that great job!)

**OUR FOCUS IS TO HELP GAIN QUALIFICATIONS TO LEAD TO SUSTAINABLE EMPLOYMENT OPPORTUNITIES FOR DISADVANTAGED PEOPLE**

Ostara Australia is a national not-for-profit organisation that works closely with the Australian Government, member organisations, communities and employers to place people disadvantaged through age, health, disability or cultural background into sustainable employment.

Our holistic approach is to address both the vocational and non-vocational barriers faced by disadvantaged principal careers (single parents/main care givers of non school aged children).

Ostara Australia has assisted and continues to assist jobseekers with some of the following conditions such as:

- Anxiety Disorder
- Affective Disorder
- Bipolar Disorder
- Depression
- Eating Disorder
- Schizophrenic Disorder
- Sleep Disorder
- Substance Disorder

Do you have or know of anyone that has following conditions that would like assistance to get a qualification? Are you currently a stay at home parent looking to get a qualification but feel it would be hard due to your Mental Health condition?

Call Ostara Australia on 1300 JOB SEEK (1300 562 7335) today........

**Local office in Port Macquarie please call Amanda on 65888114 or if you have any questions please email me on amanda.thompson@ostara.org.au**
NOTICES FOR STUDENTS WITH DISABILITIES

This website has been set up by the Commonwealth in collaboration with the OT Association to assist NDIS participants with accessing therapists when they need to.

Scholarship Opportunities for students with Physical Disabilities

The Public Education Foundation’s Walter and Eliza Hall Trust Opportunity Scholarship provides financial assistance to students who have a physical disability to enable them to reach their full potential.


**Sarina Russo Apprenticeships**

Sarina Russo Apprenticeships has a unique Apprentice and Trainee In Training Support programme available and also have ‘SRA Apprentice Gateway Services. This is a free Career Assessment tool for anyone who needs advice or support about suitable career pathway.

Visit http://sarinarusso.com/apprentices/

CHANGE OF DATE FOR IMMUNISATIONS

The Year 7 Immunisations will now be held on Friday October 16, 2015
Is it a safe place for our kids?

A guide for parents.

As a parent or carer you play an important role in making sure your kids are spending time in places that are safe. This guide will help you look out for ‘child safe’ places.

**What is a ‘child safe’ place?**

Child safe means making sure the place where our kids spend time is safe from neglect, physical, sexual or emotional harm or abuse. A child safe place will have rules that are set up to make sure our kids are kept safe.

**Parents have a right to know who is working with their children.**

It is your business to know who is working with your children. Every day kids around NSW spend time with adults outside of their home. This can be at places like a sports club, youth group centre, or a drama studio. As a parent or guardian you need to understand what organisations should be doing to keep your child safe.

It is the law that people who work with your children including many tutors, nannies, coaches and counsellors have a current Working With Children Check. However, there is much more an organisation can do to keep kids safe.

**Understanding the Working With Children Check.**

In NSW all people who are working with your children (as well as a number of volunteers) need to have a current NSW Working With Children Check clearance number.

Some people don’t have to get a Working With Children Check number, such as a parent that volunteers in an activity that involves their own child e.g. a sports coach. The Check provides either a clearance or a bar to work with children.

**It is a crime for a person with a bar to work or volunteer with children.**

**How do you know they have a Check?**

Parents and guardians are now able to ‘verify’ if the person working with their child (under 18) has a Working With Children Check. When we say ‘verify’, we mean parents can check online.

By checking online you will instantly see if the person is allowed to work with your child. Also, if they become a ‘barred’ person we will let you know. You will however need to know their details, including their name, birth date, application or clearance number.

**What parents can do.**

Employers and organisations can check or verify online that their workers or volunteers have a current Working With Children Check clearance number. So you don’t need to check a person who is employed but if your child has a coach or tutor that you pay directly you can go online to verify a Working With Children Check.
How to verify a WWC online

To verify, follow these simple steps:

**STEP 1**  Ask the person who works with your child for their surname, date of birth and WWC or APP number.

**STEP 2**  Go to [www.kidsguardian.nsw.gov.au/check](http://www.kidsguardian.nsw.gov.au/check) and click on this blue button:

**STEP 3**  Under Verify, click the Individuals (e.g. parents) Verify button.

**STEP 4**  Complete the form, including the reason why you are checking the person (e.g. sports coach, dance teacher etc)

**STEP 5**  Click Submit.

**STEP 5**  You will receive the outcome by email.

What should I look for when choosing a safe program for my child?

It’s always good to become familiar with the places where your children spend time. A Working With Children Check is important but its only one part of what should be done to make a place ‘child safe’. When choosing a service or program for your child it’s important to ask questions of those in charge so they can tell you what they do to keep kids safe.

For example, do staff have the right qualifications and training? What type of training, ongoing support and advice do workers receive about creating a child safe environment? Does the organisation involve the parents and children in the decisions that affect them? How does the organisation respond if there is a complaint or allegation?

It’s also important to ask your children about their experiences and let them know you are interested in what they do. Talk about safe behaviours and teach them to talk to you so they can tell you if they ever feel scared, worried, upset or uncomfortable.

Some questions that may help to start the conversation include:

- What do you like most about the service?
- What don’t you like?
- Does anybody make you feel happy?
- Does anybody make you feel sad?
- What makes you feel safe?
- What makes you feel scared?

To find out more about child safe organisations go to:

[www.kidsguardian.nsw.gov.au/childsafecom](http://www.kidsguardian.nsw.gov.au/childsafecom) or contact us on (02) 8219 3600
Some terrific results for Camden Haven students at NSW CHS State Athletics

**Tom Lewis** – 1st place in 15 years boys 1500m
Tom won comfortably by a margin of approximately 20 metres in a new personal best time of 4.16.01. This is the second year Tom has won the State Gold Medal over his favourite 1500m distance.

**Michael Lloyd** – 15th place in 16 year boys shot put

**16 years boys** 4 x 100m Relay – 15th place

**Matt Rosenberg (AWD)** – 3rd place in 15 years and under Para 100m, 4th place in 15 years and under Para 200m

**Tyrone Marshall (AWD)** – 5th place in 15 year and under Para 800m
On Thursday 10 September 2015, the Year 7/8 Girls and Boys Camden Haven HS Touch Football teams travelled down in the school mini bus to play in the NSW All Schools Championships, at the Taree Recreational fields. It was a big day of touch footy, with both teams playing five games each. The weather was cold at times and it rained on and off, but this didn’t cause any setbacks and both CHHS teams played with enthusiasm, demonstrated admirable skills and exemplified great sportsmanship.

The CHHS 7/8 boys team photographed is Dylan Boland, Fletcher Murray, Liam Pensini, Jack Tougher-Wells, Jeremy Dawra, Indi Yonon, Connor Cook, Ryan Long, Keelan Emerton, Tieler Gardner, Charlie Murray, Tarn Duck. The boy’s team were undefeated in the rounds, showing great speed and skills to win all of their round games convincingly. On the day CHHS boys played St Joseph’s Port Macquarie, St Pauls Port Macquarie and Great Lakes College Forster, they went down in the semi-final to Taree HS in the last seconds of the game.

A huge thank you goes to Year 10 student, Matt Kneipp a qualified RL referee, who came on the day to referee matches. Thank you to players’ families for driving down for the day to support the teams and watch the fast paced action. Thanks to Ms Lloyd-James (girls coach, and mini bus driver), Mr McMahon (boys coach), Mr Pengelly (manager), “T” Tanino Sorbello (coaching, refereeing) Michael Hiltunen (Year 11 sports coaching student) who all supported the CHHS teams.

Congratulations girls and boys on representing CHHS with inclusive, positive attitudes on match day.

The CHHS 7/8 girls team photographed is Maddie Dawson, Jordan Grieve, Drew Eade, Jordan Bell, Kyra Evans, Ana Wadwell, Marley Hodgkinson, Chelsea Lavender, Emma Biddick, Alyssa Deutscher, Jane Laurie, Aalia George.

The girls are developing various touch skills, they were courageous in defeat and they showed great team spirit when they did not make it to the finals. This is their first competition of playing touch together; they practise most lunchtimes, so they will be a stronger force next competition. On the day CHHS girls played St Joseph’s Regional Port Macquarie, Great Lakes College Forster, Taree HS, St Pauls Port Macquarie and Wingham HS.
The CHHS open boys tennis team played in the Stan Jones Cup 2015 Championship on 2 - 3 September at the Shoalhaven Tennis Centre. The team consisted of Blake Hudson, Corey Clark, Daniel Johnson, Lachlan Eames and Rhyan Hudson.

The boys got off to a good start winning the first match against Bathurst High 5 sets to 3. They then put up a good fight, but went down 6 sets to 2 to the North Shore Boys High. This placed the team in the consolation final were they had a close match with Merewether High drawing 4 set all, but losing on the count back.

They then went on to beat Farrer High 5 sets to 3 finishing 7th in NSW. This is an amazing achievement for our outstanding tennis team. Thank you to Mrs Wendy Hudson who organised the team shirts and gave up her time to take the team to the event.
YEAR 7 SPORT DAY

Soccer / Football

The CHHS Boys football teams that travelled to Kempsey and played the other high schools in our zone, they not only played some fantastic football but displayed such sportsmanship, and it made their coaches super proud to be associated with this cohort of students. The boys won most of their games and in all but one of the six games supplied players for the opposition teams. Nearly all boys played a game for another school on the day. These lads made new friends and encouraged players from all schools involved. Chayce Anderson, Jacob Robson, Liam Morrisey and Kobi Chaplin displayed great leadership skills in all games and everyone of the boys deserves to be congratulated for their behaviour, respect and sportsmanship.

Netball

The girls travelled to Kempsey for a round robin netball day consisting of teams from Melville, Macksville, Bowraville High Schools and St Paul’s Kempsey. Camden Haven had a wonderful selection of Year 7 students with mixed ability on the day. The team spirit of the girls and good sportsmanship was a credit to them. Amongst them they helped peers on the court and other teams with umpiring. Unfortunately we did not make the finals but the girls and their smiles were all winners on the day and great representatives of Camden Haven High School.
COMMUNITY NEWS

Laurieton Street Market
Labour Day Monday 8am to 1pm - Bold & Seymour Streets, Laurieton

Proudly brought to you by Laurieton Public School P&C

SIXERS GIRLS CRICKET LEAGUE

Come & play Australia’s favourite game!

- Girls only Cricket League
- Sunday mornings
- Spring Season (Oct-Dec)
- Summer Season (Jan-Mar)
- T20 Format - 8 a side games
- U13


Club Name: North Coastal Zone [Macquarie Coast]
Name of contact: Gavin Newbound
Mobile of contact: 0407 187 059 or gavin@cricketncz.com
Club website: www.sydneysixersgirls.cricket.com.au
FUNDRAISING

SPRING FETE

SATURDAY
24TH OCT
9AM - 1PM

KENDALL COMMUNITY
PRESCHOOL
19 RAILWAY STREET
KENDALL

sausage sizzle
face painting
garden gallery
pony rides
garage sale
plants
raffle
Over $7,000 in prizes

16TH PORT MACQUARIE HASTINGS SPORTS AWARDS
now including
THE WAYNE RICHARDS SPORTING SCHOLARSHIP

CATEGORIES
• The Wayne Richards Sporting Scholarship – $4000
  • Sportsperson of the Year – $1000
  • Junior Sportsperson of the Year – $500 each
    — Primary School Age and High School Age
  • Junior Team of the Year – $250 — 18 years or under
  • Senior Team of the Year – $250 — 19 years and over
    • Sportsperson with a Disability –
      Intellectual – $250 & Physical – $250
  • Sporting Volunteer of the Year – $250

PORT MACQUARIE
HASTINGS
SPORTS
AWARDS
Proudly supported by:

PRESENTATION
BREAKFAST
7am Friday 23 October 2015 at Panthers. Tickets are $25 each.
Nominees admitted free and teams receive two free tickets.
To book email sportsawards@sunrise-rotary.org.au

ENTRIES CLOSE 5PM
WED 30 SEPTEMBER 2015
Port Macquarie Hastings Sports Awards entries can be completed online at: www.sunrise-rotary.org.au/sportsawards – click on Online Nomination
Enquiries: sportsawards@sunrise-rotary.org.au
The Wayne Richards Sporting Scholarship entries can be completed online at: www.pmhc.nsw.gov.au/2015wrss

NOMINATOR GOES INTO A DRAW FOR A HARVEY NORMAN $200 PRIZE

Proudly supported by:
Kids School Holiday
Paper Craft Fun
@ Alice in Paperland
9 Jindalee Road, Port Macquarie

6581 5663
$20 per child, per class.
10am to 12pm

Tuesday 29th Sept - Drift Wood Wall Hangings
Wednesday 30th Sept - Coloured Drink Coasters
Thursday 1st October - Christmas Decorations
Friday 2nd October - Ice Cream Cone Mini Album
KIDS CAN CREATE THEIR OWN CRICKET MOMENT

PLAYCRICKET.COM.AU

CRICKET A SPORT FOR ALL

Cricket is a sport for all and there’s more ways than ever for kids to experience the fun of cricket!
IS YOUR CHILD HAVING DIFFICULTY WITH READING?

There will be FREE public talks about dyslexia in Port Macquarie! When:

Tuesday 21th October
Where: Panthers Port Macquarie

Parent Talk: 1pm-2pm Public
Teacher Talk: 4pm-5pm
Public Talk: 7pm-8.30pm

Register online at www.dyslexia.com.au/register
or on the day at the talk.
Everyone is invited...
**Camden Haven Nippers**

Camden Haven SLSC wishes to invite anyone interested in joining Nippers to our first Nippers day on 11 October. This will be held at North Haven Beach start time 10am with lots of fun activities. Come and learn about the surf and how to stay safe on the beach.

On line registration can be found on our website or just come along and register on the day. Great family membership rates available.

Proficiency swims will be held at the Laurieton pool prior to this date. Please contact Mechelle Gray on 0414828499 for more information.

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**Social Activity 12-25 Years**

The school holidays are here! What better way to relax than kicking back and enjoying a movie.

**Avengers – Age of Ultron**

*Tuesday the 22nd September*

6pm for a 6.30pm Start

Snacks and Drinks included

headspace Port Macquarie

10-12 Short Street, Port Macquarie

This is a great opportunity to meet some new friends in a relaxed space.

Call Tracie to register your interest on 6588 7300

Text 0427 087 258  

tracie.hazell@each.com.au