

# Peak Hill Central School

## Newsletter

**We are Respectful, Responsible, Safe and Successful Learners and Leaders**

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### From the Principal's Desk

### School Calendar - Term 4



Welcome back to Term 4. I hope that you all had a relaxing and enjoyable break. As the HSC begins this week we wish our Year 12 students every success in their exams. Our thoughts are with them and I remind students and parents that teachers are available to support students in their preparation. We look forward to celebrating the completion of the exam period on 6 November when Year 11 host the Year 12 banquet.

23-24 October	Year 12 Banquet
6 November	Youth Eco Summit
15 December	Presentation Evening

We are also investigating some improvements to the play areas around the school including activities for the Junior School such as literacy hopscotch and an outdoor gym for the older students.

At the end of last term, three Year 8 students were selected to participate in an Aboriginal Drama Workshop which was held in Dubbo. An initiative of the Arts unit, Dylan Sellers, Gabrielle Robinson and Nakarli Harrison engaged in a range of play building activities which explored movement and voice. It was a wonderful opportunity organised by Mrs Rachel Cody. We have been contacted this week by the Arts unit inviting Dylan and Nakarli to be involved in the making of a Video Clip which will be used as an Aboriginal Drama Teacher resource for schools. This is a great effort from our students who enjoyed the day immensely.



Congratulations to Year 12 student Georgia Westcott who finished third in the National World Skills held in Perth at the end of September. To win a bronze medal at this level of competition is a credit to Georgia and her achievements. The competition extends over three days of intensive challenges where Georgia received full marks for her presentation and in the Mocktails

section. It is testament to the fact that with the support and encouragement of family, school and community, students of Peak Hill Central School can and will succeed. My appreciation is extended to Mrs Catherine Doyle who accompanied and supported Georgia in Perth. Mrs Sue Greer from TAFE also gave her time and expertise to help prepare Georgia for this level of competition. Well done Georgia we are very proud of you.



Good luck to the girls who will be trying out for a place in the Western Region Rugby Team. We hope to have some representatives on the team and wish you all well in the selection process.

On 23 and 24 October, Peak Hill Central School will be showcased at the 2014 Youth Eco Summit. Representing our school will be Brooke Carpenter, Alistair Kopp, Talecia Dart, Isabelle Goodwin and Charlica Schnitger. As part of the summit the students will be promoting *Student Voice in Sustaining the Environment*. Congratulations to the student team for their promotion of the school, their leadership and enthusiasm. In particular the students have been asked to share the Kitchen Garden, Worm farm, composting and zero impact camping which they have explored through the Duke of Edinburgh Program. Thank you to Mr Jeremy Whiterod and Ms Carmen Sarah who will be accompanying the students to Sydney Olympic Park.

Over the holiday period, work began on the refurbishment of the Administration area of the school. It is amazing what a fresh coat of paint does to brighten a room. We have relocated Administration staff into a new office which will give them more space and a brighter environment. Later in the term, the secondary staff will begin the process of moving to their new staffroom which will then allow their existing space to be converted to another classroom. The fitting out of the new VC rooms has finally begun in

**Principal**

Mrs Paula Payne

**Head Teacher Admin**

Mr Jeremy Whiterod

**Head Teacher****Well Being**

Mrs Maria George

**Head Teacher T&L**

Mrs Rachel Cody

**Assistant Principal**

Ms Sarah Browning

Ms Rachel Heywood  
(T-F)Mrs Meredith Bennett  
(M)**WAP Access  
Coordinator**

Ms Crystal Williams

**In School Access****Coordinator**

Mr James Peter

**Administration  
Manager**

Mrs Tanya Stanford

**Aboriginal Education  
Officer**

Mrs Vicki Sarah

**Middle School  
Coordinators**

Mrs Daneille Diener

Mr Shannon Gane

**P & C 2014****President**

Mrs Donna Kopp

**Vice President**

Mrs Julie Westcott

**Secretary**

Mrs Cathy Goodwin

**Treasurer**

Mrs Margaret Edwards

The planning process for the development of the school management plan is underway. Today we held our *Friends of PHCS* met to develop strategies for Engaging and Communicating with our community. Each month our numbers are growing and parents, friends and community members are willing to meet and discuss how we can work together to make a difference for our students. The input is invaluable and I am encouraged by their positive contributions and willingness to be involved in developing the school within the community.

This term our *Peak Hill Points* system has started. Students earn a point each day for attendance and another for uniform. It is an incentive to encourage students to be here on time and dressed appropriately. The points accumulate and the students can then purchase items from *The Shop* for small items such as handballs to more expensive items like the school guernsey. Other options will be lunch with the principal which I am sure will be very popular!! A reminder to all parents, that all students need to be at school by 8.50 am. The number of students who arrive late is very disruptive at the start of the day as they are missing essential learning time and the focus of the lesson. The school uniform is the polo shirt, polo fleece or guernsey for cooler mornings and navy shorts or track pants. School shoes should be black leather so that growing feet are protected and supported.

Our Presentation Evening for this year will be Monday 15 December commencing at 6.30 pm. Please note this date in your calendars to celebrate the success of 2014.

Mrs Paula Payne  
Principal

“quoted”

Every accomplishment starts with the decision to try



positive partnerships

supporting school age students on the autism spectrum

Free two day workshop and information sessions  
for parents and carers of school age children on the autism spectrum

Workshop: 2014NSWPC16

Location: Cowra

Like all school-age students, children with autism spectrum disorder benefit from strong, positive relationships between the home and school. Positive Partnerships uses evidence based materials and practical resources to help support these relationships by facilitating workshops for parents and carers.

**What will you learn?**

When you come along to a Positive Partnerships workshop, you will:

- Develop a greater understanding of the impact of autism on your child, both at school and at home
- Understand how to develop effective parent, school and teacher partnerships
- Learn specific strategies that will help you:
  - advocate for your child
  - support your child's participation at school
  - develop an awareness of ongoing learning needs
- Receive information about your local school system's processes
- Have the opportunity to network and share strategies with other parents/carers and key community members
- Have the opportunity to discuss a range of topics relevant to students with ASD and their families

People who work to support families living with autism in your community will also be invited to take part with the goal that there is an ongoing community focus beyond the workshop.

**Workshop details**

**Venue:** Cowra Bowling & Recreation Club Ltd  
27 Vaux Street, Cowra NSW 2794

**When:** Two day workshop – Tuesday 25 & Wednesday 26 November 2014

**Day 1:** 9.00 am - 4.30 pm (Registration from 8.15 am)  
**Day 2:** 9.00 am - 3.30 pm

**Registration available from Tuesday 14 October 2014 and closes two days prior.**

*We strongly recommend you register as soon as possible to secure your place. You will receive confirmation of your registration.*

Online registrations are preferred directly through our secure website [www.positivepartnerships.com.au](http://www.positivepartnerships.com.au)

## Future Moves

Students in Year 11 have been invited to *Skills Fix* in Dubbo during Week 6 to participate in a series of workshops run by CSU around effective study skills. A number of students have already expressed their interest in this, with more details being provided to students before the end of next week.

Towards the end of last term, Stage 4 Future Moves students submitted their *Learning Reflection- Non-Traditional Work Options* assessment task. I would like to take this opportunity to commend the following students who received an A for this task: Trefor Douglas, Chloe Gould, Jackson Ross-O'Hara and Sky Welsh. The final assessment for Stage 4 Future Moves will be their Yearly Exam which will cover the work studied throughout this semester, including our new unit of work *Understand and experience the career-building process*.

Stage 2 have come to the end of their unit of study, examining and acknowledging the positive impact that work and family can have on your life. They shared the benefits of work and family, offering valuable insights within our class discussion. Next week will see the students beginning their next topic *Explore the underlying concepts of the career-building process*.

To help support students in Stage 2 and Stage 4 with their new topics (both exploring different phases of Competency 11: Understand, engage in and manage the career-building process), parents are encouraged to talk to their children about the different types of employment and study that they or family members have been involved in, and how their individual career journeys were shaped.

**Mrs Rachel Cody**  
Future Moves Coordinator

## Scripture



On Tuesday 7 October and on Monday the 13 October the students from kindergarten to Stage 4 had a special visit from some Christian Musicians and Dancers from Nashville, Tennessee USA. The Group had travelled to Australia to take part in the Vision Ministries camp that is held annually at "Mamre Farm" Alectown, NSW. While they are in Australia the group have been visiting schools, churches and even local businesses, performing and ministering. The group spoke to the children about their personal journeys and experiences. They also sang, danced, performed skits and answered questions about themselves and their country.

The group consists of Mateo Palmitier who is a musician; singer/songwriter and worship leader who travels all over the world ministering and has even done work in the same studio that Elvis Presley recorded in. Sydni Chamber who is a singer, dance teacher and backup dancer who is currently backup dancing for a Christian artist called "Mandisa" who participated on the fifth season of American Idol. Kathryn Walters who is a ballet teacher and singer and finally Kasie Goodfellow who is a singer and speaker. This event was a great time for the children and for the Group, who are hoping to visit again in the near future. Thank you to Mrs Paula Payne and the school for allowing them to participate in school scripture.

**Mr and Mrs Ben & Ellice Pearce**  
Scripture Teachers

# Tell head lice to nick off!

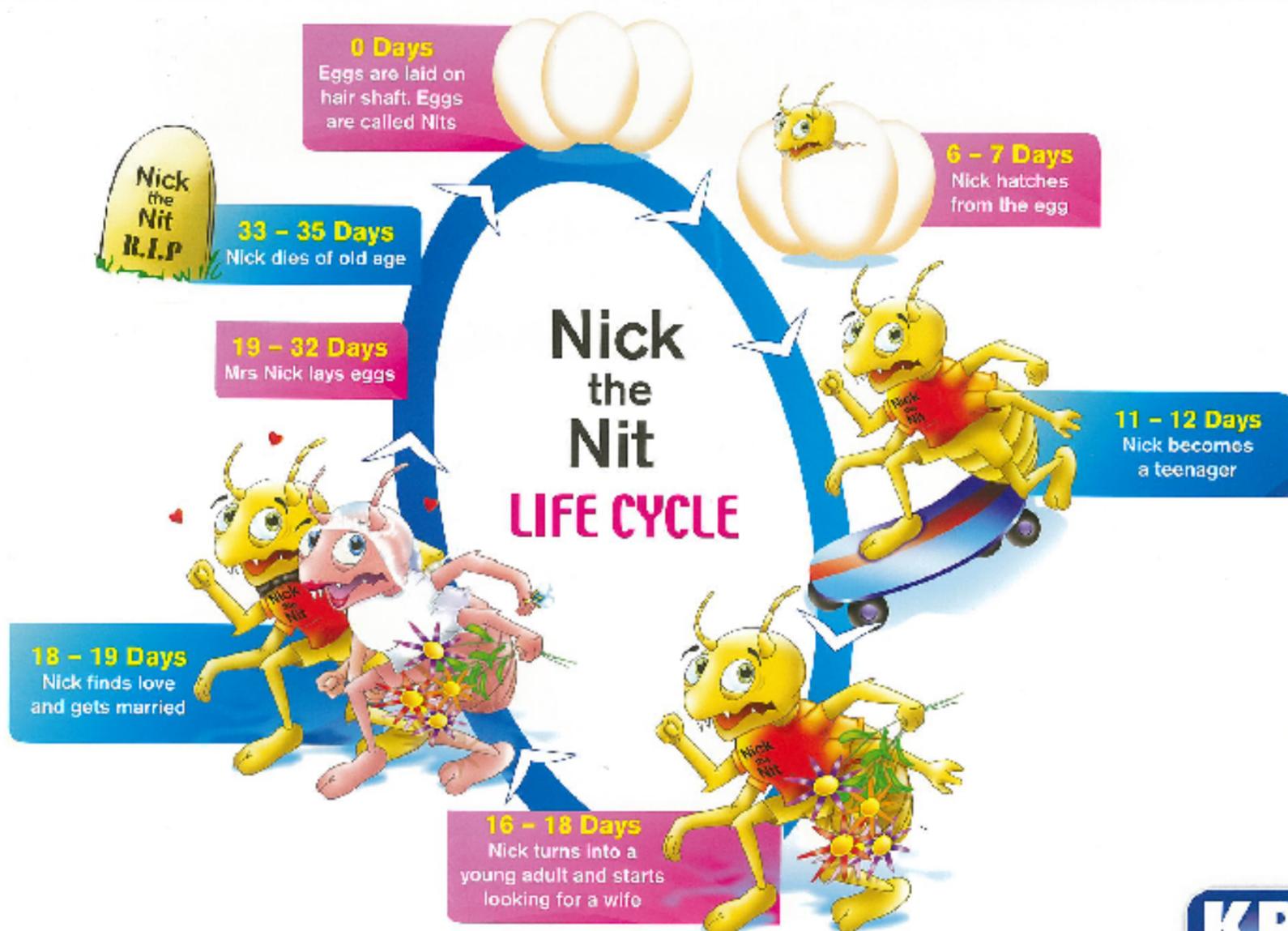
## How to control head lice

- 1 Detect**  
Use metal comb and combing solution to detect and remove head lice and their eggs
- 2 Treat**  
There are 2 major commonly used head lice treatments; medicated and natural. Use either treatment to kill head lice and break their life cycle
- 3 Prevent**  
Use egg remover and a metal comb to kill eggs and remove them from the head
- 4 Repeat**  
Repeat the process after 7 days to effectively kill the cycle
- 5 Clean**  
Wash bed linen and clothes in warm water with soaking solution to get rid of lice from home



## How to identify head lice

- Head lice can be anything from greyish white to white in colour
- They are the size of a sesame seed
- Nits are the eggs, yellowish white in colour and are found on the hair shaft generally at the nape of the neck
- Adult lice may be found anywhere on the head
- Red bite marks or scratch marks are often seen on the back of the neck
- The eggs are sometimes mistaken for dandruff
- It takes several weeks exposure to the lice before itching develops
- Remember:
  - ✓ Head lice has nothing to do with hygiene
  - ✓ Head lice don't like short and plaited hair
  - ✓ The lice don't hop, jump or fly
  - ✓ Don't share hats, head bands or pillows



**FAST!** and effective head lice treatment

**KP  
24**

For more information visit:

[www.health.nsw.gov.au/publichealth/environment/headlice/treatment.asp](http://www.health.nsw.gov.au/publichealth/environment/headlice/treatment.asp)

# Drama Spotlight

Over the course of last term and into this term, Stage 1 Drama have been exploring the idea of community-different people that form a community, the needs and wants of a community and how a community works together to solve problems. They have participated in guided explorations of the value of a community park and what this means to individual community members. Students created and took on roles of their own imagining: the children that used the playground equipment or grass areas for make-believe play, parents who coach sporting activities, teenagers who cycle and skate through the park, elderly people who enjoy catching up with their friends and feeding the birds.

Students were then told by one of the community residents (through teacher-in-role) that a big storm had damaged the park and it was off-limits to everyone. She asked about how the community members could all come together to fix the park. In role, students offered suggestions such as they could come and clean up the debris, others could help rebuild the playground equipment etc. Collectively we wrote a letter to the (fictional) mayor outlining how we had all been affected and requesting financial assistance to fix the park. The photos included in this article show how the community members use the park and with the letter they have written for the mayor.



At the end of last term, I had the privilege of taking three Year 8 students, Nakarli Harrison, Gabrielle Robinson and Dylan Sellers to Dubbo to participate in an Aboriginal Drama Workshop lead by Lily Shearer. While the students were not experienced in Drama, they were willing to participate in the activities of the workshop with students from other Dubbo schools. I am very excited to announce that Nakarli and Dylan have been invited back to participate in a more intensive workshop with Lily which will be used to promote future Arts Unit initiatives (such as this workshop).

Another initiative offered by the Arts Unit and embraced by three Year 9 students, Wynona Douglas, Brianna Finn and

Charlica Schnitger is the Senior Drama Video-Conferences which began today and will continue over the next three Thursdays. Students will learn about the process of developing a group performance piece. We look forward to seeing what the end result will be.

**Mrs Rachel Cody  
Drama Teacher**



**Each week there will be a newsletter article promoting courses run across the Western Access Program. This program is highly successful in delivering a wider curriculum across our schools, maximising student choice and achievement.**

## Biology



Biology is the science of life. Biologists study the world of living organisms; taking life and putting it into perspective, from microbes to human beings. Biology is a research science that can lead to a wide range of careers from environmental work, agriculture, microbiology and medicine. The Preliminary and HSC courses include hands-on experiments in the laboratory, as well as field work with an Ecosystems study day at Taronga Western Plains Zoo in Year 11, moving you beyond text books and video conferences to gain an understanding of life, with a special focus on Australian plants, animals and humans.

Jake Monk (Yeoval), Luke Watt (Trundle), Bridgett Bennet & Hannah Smith (Tottenham)  
Patterns in Nature Practical Day

**Mr John Grubb  
Peak Hill Central School**

## Preliminary Visual Arts



L to R:  
Shanae Thompson (Trangie)  
Isabelle Wykes (Trundle)  
Emily Townsend (Trangie)  
Maddy Goodwin (Trundle)

Students in the Preliminary Visual Arts course develop skills and knowledge which prepares them for the HSC course, in which a Body of Work is developed over three terms. This year we have students from Trangie, Trundle and Peak Hill undertaking the course. All these students are exceptionally talented and will no doubt produce excellent Bodies of Work in Year 12.



This term students have been working on a Mini Body of Work on a theme and in the medium of their own choosing. Below are some of the examples of student's Mini Body of Work which will now be developed and expanded on working towards Year 12.

**Ms Alyssa Coursey  
Trundle Central School**



# School Noticeboard

## Getting organised for Term 4

Welcome back to school! Keep track of the week numbers of each Term and help your family stay on top of the million and one things happening this time of year with School A to Z's monthly planners. They're easy to print out and pop up on the fridge for all to see. You might even want to print a spare for each child's bedroom so there are no excuses for them to forget homework, chores and other weekly activities. <http://bit.ly/UbmQz8>

## Public speaking made easier.

Many people rate speaking in public as one of their worst fears. But it's an important skill for kids to master, which is part of the reason why we start them off with News in Kindergarten and progress to other presentation skills from an early age. Helping your child prepare their speeches and presentations at home will really boost their confidence. Here are practical tips any parent can use: <http://bit.ly/Kr3ukB>

## Motivating "laid-back" children

Why do some children prefer to lead a lazybones life, while others love to tear around the sports field? Is it a hereditary trait? And what can parents do to encourage those children to get up off the sofa, or switch off the computer, and get a little physical?

Find out more: <http://bit.ly/1s5TN5Z>

## Lunch box ideas

Kids tired of the same old sandwiches for lunch each day? School A to Z's Lunchbox section has some fresh ideas to help busy parents add some healthy, fresh variety to school lunches. <http://bit.ly/qsfDOE>

## Preparing for exams

It's important to help your child stay healthy, well rested and sane as they concentrate on studying for end of year exams. This short video features teachers and parents talking about HSC preparation, but the tips are good for all high school students preparing for exams. <http://bit.ly/oTovND>



**Peak Hill P&C AGM**  
**November 13 2014**  
**5pm**  
**PHCS Administration Building**



***'You have brains in your head.  
 You have feet in your shoes.  
 You can steer yourself in any direction you CHOOSE!'***  
**- Dr Seuss**



## Tucker Box Specials

Monday 20 October	Fried Rice		\$4.00
Tuesday 21 October	Cheeseburger Hamburger Salad + Cheese		\$3.50 \$5.00
Wednesday 22 October	Chicken Schnitzel Burger		\$5.00
Thursday 23 October	Meatball Sub - on a hot dog roll		\$3.00
Friday 24 October	Fish and Salad - 2 pieces of fish and salad box		\$5.00
Monday 27 October	-----		-----
Tuesday 28 October	Cheeseburger Hamburger Salad + Cheese		\$3.50 \$5.00
Wednesday 29 October	Pulled Pork Burger - with pickled slaw and sauce		\$5.00
Thursday 30 October	Meatball Sub - on a hot dog roll		\$3.00
Friday 31 October	Fish and Salad - 2 pieces of fish and salad box		\$5.00

**NO CREDIT** available to students.

# Peak Hill Central School Parents and Citizens Association NEEDS YOU!

The P & C Association Annual General Meeting is being held Thursday November 13 at 5pm.

Our current committee is running out of juice and would love to see new fresh faces. We will be bidding farewell to a number of our long term members as their children have come to the end of their school careers. It is time for new members. Unfortunately if we do not get new members then the likelihood of our committee folding is becoming increasingly real.

If you wish to help our school, your children and yourself come along and see what we do. Have a say and make a difference. This year the P & C initiated the leasing of the canteen. This process will ensure that our canteen has a long term future and will continue to provide staff and students with good nutritious food. P & C took on the administration of the Chaplaincy Program ensuring that Matt Sarah has the resources he needs in his important role within school. At our most recent meeting approval was given to fund the purchase of crockery, cutlery and tablecloths to enable our hospitality department to cater for important functions, such as the Year 12 Banquet, within the school utilising our facilities and hall.

Not only will you be helping your school and your children you will be helping yourself. Learn new skills make new friends and have some fun! Start before the AGM and volunteer for Meals on Wheels- we require helpers to drive students while they deliver the meals. Our dates are 14/10- 30/10 (Tuesday, Thursday and Saturday). We have vacancies for Thursday 23/10, Saturday 25/10, Tuesday 28/10 and Thursday 30/10. If you can help out either give Cathy Goodwin a call (68691434) or ring the school ( 68691304) and let them know.

## Community Noticeboard

2014-2015

### NSW Family Energy Rebate

**\$150\***  
TOWARDS  
ENERGY  
BILLS



**APPLY  
ONLINE  
NOW!**

**2 MINUTES TO FILL IN A FORM**  
<https://applications.fer.trade.nsw.gov.au/>

\* eligibility criteria apply



Trade &  
Investment  
Resources & Energy



Apply before  
Midnight  
16 June 2015

FOR MORE INFORMATION & ASSISTANCE  
PHONE - Service NSW 13 77 88  
EMAIL - fer.program@trade.nsw.gov.au  
WEB - www.resourcesandenergy.nsw.gov.au  
/info/familyenergyrebate

Please wear appropriate clothing including joggers. (You must wear shin pads and mouth guards).

## Hockey In Parkes

Starts Term 4 - THURSDAYS

### Commences 30 October

Under 9s and Under 12's

From 5.00pm till 6.00pm - One off fee of \$40




In addition to the one off fee you can purchase an Australian Hockey startup kit for \$30 - includes a Stick, ball, mouth guard, shin pads, training shirt & height chart.

For more information contact: Kate Pulbrook on 0447 186 494  
kate.p@hockeynsw.com.au