Rachel Alger from the Port Macquarie Campus of Hastings Secondary College has won herself an all-expenses paid trip to Canberra in December.

Rachel entered and won the NSW section of the ‘Country to Canberra’ essay writing competition and will be one of the seven competition winners, each winner representing a state or territory with the ACT excluded.

The competition was open to girls in Years 10 and 11 in all secondary schools. Entrants had to be residents of a town at least 50 km from the nearest big city.

The topic was: *If you were the Prime Minister for a day what would you do to achieve gender equality?*

Writers were required to think locally and nationally and limit their piece to 500 words.

Rachel said she wrote about women in Science, Technology, Engineering and Mathematics (STEM). She obviously made a good case, which impressed the judges.

For more details, see the Principal’s editorial
From the Principal

This has been another very successful week for the school. Year 7 had a wonderful time on camp. They got off the bus tired but smiling broadly. We had news of another very successful student. Rachel Alger is the NSW winner of the Country to Canberra essay writing competition. The Techno Museum inspired the students and increased their learning.

College News

We had our Steering Committee meeting in Week 2. The focus was on Aboriginal students in the college and how we could develop across campus opportunities for them and their teachers. Wayne Anderson from the AECG (Aboriginal Education Consultative Group) led the discussion. The items discussed included NAIDOC week, the Connecting to Country training for teachers and a college Junior AECG. We also started to discuss how we would evaluate the college including the timeframe and the scope of the evaluation. The committee will be working on the writing of the surveys next year. This week we will include the brochure for the Sports Academy, one of the classes on the Stage 4 personalised learning line.

Rachel Alger - NSW Winner Country to Canberra Essay Writing Competition

Rachel's winning essay was on women in STEM (Science, Technology, Engineering and Maths). The question she had to address was, “If you were prime minister what would you do to help to achieve gender equity?” There is a winner from each state and territory except for ACT. Rachel will be going to Canberra from November 30th until December 2nd. Her prize is a "Power Trip". The prize connects students with inspiring female leaders and takes them on an exciting, behind-the-scenes tour of Australia’s capital. The prize includes:

- Transport to Canberra, plus two night's accommodation
- Being guest of honour at Country to Canberra's 'Powerful Women's Breakfast.' Other attendees will include the Executive Director of UN Women Australia Julie McKay, the Greens Deputy Leader Larissa Waters, CEO of Emergent Solutions Holly Ransom, the Federal Member for Canberra Gai Brodtmann, the Federal Member for Indi Cathy McGowan, the Editor-In Chief of HerCanberra Amanda Whitley, Deputy Secretary Defence Rebecca Skinner, YWCA Canberra CEO Frances Crimmins, the Deputy Australian Public Service Commissioner Stephanie Foster and National Rural Women’s Coalition President Pat Hamilton.
- Visiting ABC Canberra 666 studios (and potentially being interviewed on-air)
- Going on a behind-the-scenes tour of Parliament House
- Having lunch at Parliament House with Senators, hosted by Minister Fiona Nash and Assistant Minister Anne Ruston
- Watching Question Time at Parliament House
- Going on a tour of the Australian War Memorial
- Meeting up with university mentors, and more!

The winning essays will also be published on the Country to Canberra website. Rachel is a very talented young woman. She has been selected for the national Youth Science Forum in January and attended the National Computer Science School earlier in the year. She has also had success in public speaking competitions. Rachel hopes to do a double degree in Science and the Arts with majors in Computer Science and Linguistics. Congratulations Rachel and thanks to English teacher Jo Southon for making her aware of the competition.

Year 7 Subject Selection

We had a very successful meeting with Year 7 about the classes they could apply for or choose on the Stage 4 Personalised Learning Line. Academies have to be applied for and the PIPs (Personal Interest programs) are chosen. Mr Huens spoke about the Sports Academy, Miss Bourke spoke about the STEM Academy, Miss Farmer spoke about the Creative Industries Academy, Miss Southon spoke about Bold Adventures, Mrs Napier spoke about Farmers Market, Miss Cowan spoke about Food Design and Mr Littlefair spoke about from Ancients to War Heroes. The students were able to access brochures and application forms. They had the week to talk to their parents and teachers about their selections.
Techno Museum
The Techno Museum was a wonderful initiative of the Science Department. All Year 8 students had the day together to work as teams on an exhibition for a technological museum. The teams devised a variety of very interesting projects including the chemical composition of lipstick and the technology of transport. You will get full details and photographs next week. Congratulations to Miss Bourke and the Science and TAS faculties for this wonderful learning experience.
I am looking forward to next week. We have two staff members receiving recognition in honour of World Teachers Day.
Lorraine Haddon
Principal

What’s ‘SUP’ at Port Campus?

As the weather started to get warmer, Mrs Noble came up with a great idea for a new sport: stand up paddleboarding (SUP). It was a very popular choice and last week we headed over to Settlement Point for our first lesson with Tony Begg, a local and ex-student from Port High.
The students all gained their “sea legs” fairly quickly, mastering turning and stopping. More of a challenge was when Tony asked each pair of students to swap boards in the middle of the back channel. If only I had a Go Pro handy to fully capture the moment!
We are all looking forward to next week’s adventure.
Amanda Leach

Tutoring and Life Mentoring for students

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Brandon Conway's Ride to Walcha

Saturday, October 10th was Port Macquarie Cycle Clubs’ “Port to Walcha Bicycle Ride.” The Port to Walcha challenge covers 183 km along the Oxley Highway. This ride is an annual event that has a long history with the Port Macquarie Cycle Club.

Seven riders took the challenge this year, including Brandon Conway. As they left Port Macquarie at 7 am, the conditions were good with blue skies, mild temperatures and very little wind. The first stop was at Long Flat, 50 km West of Port Macquarie. The major climb of the ride started at the base of Mount Seaview, about 25 km West of Long Flat.

Here, the road heads upward into the Great Dividing Range. The cyclists raised their efforts to maintain a high pace as the gradient became steeper. A lot of the ride to Walcha is uphill, climbing to 2,899 metres in elevation.

The seven weary riders had a brief stop for lunch at Gingers Creek, which is about the half-way point across the mountains, before continuing West to Walcha, another 83 km non-stop in the saddle. They arrived at Walcha about 8 hours after leaving Port Macquarie having spent 6 hours – 29 minutes – 54 seconds in the saddle. This is a very impressive time considering the mountainous course. On downhill slopes the group reached speeds of 69.8 km/h. This is definitely not a sport for the faint-hearted.

The riders enjoyed a rest and a relaxing night at the Royal Hotel in Walcha. On the following day, Sunday, after a big meal, five of the riders including Brandon rode back to Port Macquarie.

This was the longest ride Brandon admits he has ever done. For him the most memorable part was the 14 km mountain climb near Mount Seaview. "It’s a good way to train for endurance," he claims. Motorists who drive that route usually take one hour to get to Mount Seaview, one hour to climb and cross the mountains and about 40 minutes more to reach Walcha. Even the drive is tiring! Brandon has set himself a long-term goal of one day riding in the Tour de France where he would do a similar gruelling cycle every day for three weeks with only two rest days. He’s certainly off to a good start.

Well done Brandon and our best wishes from the school community go with you.
Mid-North Coast Rugby

Year 10 student Jacana Ward recently travelled to Kempsey to trial for the Girls 17 Years Mid-North Coast Rugby side. She was successful in making this team and will now train for several carnivals, the first of which is in Coffs Harbour in a fortnight with the future goal of achieving State representation. Well done Jacana!"
Mr Duck

Careers News

Traineeship Opportunity

Jay Beasley from Year 10 at Port Macquarie Campus has successfully been recruited for an ANZ bank traineeship. This means Jay will work at the ANZ bank in Horton Street and undertake training for a Certificate II in Business and Finance all while completing his HSC at school. Jay is a mature young man and he started his induction training at the bank this week. The photo below shows Jay looking very professional at his new job. Congratulations Jay on gaining this exciting opportunity.

Year 10 Work Experience Program 2015

We again encourage all Year 10 students to take part in the School Work Experience, as part of the Career Education Program. All Year 10 students who are work ready will have the opportunity of participating in Work Experience during the allocated two week period from Monday 23rd November (week 8) or Monday 30th November (week 9). A letter with further information about the process of applying for work experience will be issued to all Year 10 students in the coming week. Any further enquiries please contact the Careers Adviser.
Mr White – Careers Adviser
Ironman Volunteers Come Through Again!

Another massive group of volunteers from Hastings Secondary College Port Macquarie Campus heeded the call for volunteers at the Half Ironman event held on Sunday 18th October, running the Aid Station on Short Street. All of the students and staff worked tirelessly in supplying the athletes with drinks and goodies to get them through the big day. Well done to all involved!

Mr Duck