Friday 13th February, 2015.

What’s happening in Week Four

<table>
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<th>Monday:</th>
<th>Thursday: Zone swimming Macksville</th>
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<td>Tuesday: P &amp; C meeting 7:30pm</td>
<td>Friday:</td>
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<td>Wednesday:</td>
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CHANTELLE COOPER TOPS HER CLASS

(L-R) Dr. Wayne Ible Executive Principal, Ms. Sharon Combey Year 12 Year Adviser 2015, Principal Ms Lorraine Haddon, Dux Chantelle Cooper, Mr. Neilson Year 12 Year Adviser 2014, P&C President Mrs. Leanne Burbridge
Chantelle Cooper was named Dux of Port Macquarie High School for 2014 on Friday last week at a formal school assembly attended by family, friends, staff and senior students. Chantelle scored the top band in all her subjects ending up with an ATAR (university ranking) of 97%. She plans on studying Medicine and has her heart set on becoming a Paediatrician.

“Chantelle was a standout student from the very moment she entered high school in Year 7,” according to her Year Adviser, Mr. Neilson. "I had heard Chantelle's name mentioned several times even before I met her. Not only was she a top academic student over her six years at this school but she was a high achiever at sport and everything else she became involved in.”

Principal Lorraine Haddon wished Chantelle every success in her studies at university and knowing that Chantelle is a top surfer, the Principal wondered if Armidale University might not have a surf team. In congratulating Chantelle, Ms. Haddon said she was an inspiration to the whole school and she expressed how proud she was of her.

Chantelle thanked all those who had helped her achieve her success. She had plenty of good advice for the students present. “It's not about how many hours a day you study, but rather how effective that study is. Although homework isn't the most attractive option, you need to push yourself to your limits. You have to break down the mental barriers of procrastination and overcome distractions so that your hour of study doesn't become half an hour of stalling,” she told them. She also admitted that she did have a passion for study and was disciplined.

Chantelle also thanked the staff. “The incredible support network and resources available at this school ensured that help was never far away and I would like to thank my Year Adviser, Mr. Neilson, all my teachers and the administrative staff. Your dedication and passion for teaching is inspiring and I will forever be indebted to you for what you have helped me achieve,” she said.

Chantelle leaves for Armidale University on 23rd February to begin her studies in a joint program with Newcastle University.

As some parents are aware, it has been necessary to shuffle Year 10 Science, PDHPE and History/Geography classes in order to accommodate the growing number of students in our year. Year 10 has the greatest number of students in our school and with growing enrolments, it has been necessary that students were dispersed evenly across all classes in order to provide all students with access to resources and equal learning opportunities. This shuffle was unavoidable and it is essential that all parents and students are aware that this was purely a numbers issue and that this is in no way a reflection of your child’s performance. As always, I will endeavour to resolve any concerns or issues and will be more than happy to discuss your child’s class placement with you. Please contact the school if you have any questions.

Thank you for your understanding on this matter - Karen Noble, Year 10 Adviser
SCHOOL SWIMMING CARNIVAL CHAMPIONS

Caitlin Dewbery (Opens), Ashlyn Dures (16’s), Danielle Stone (15’s), Tahli Enfield (14’s), Ella Barnett (13’s), Riley Dures (12’s).

Max Lewis-Barnett (Opens), Sam Harris (16’s), Dane Perry (15’s), Lewis Kranitis (14’s), Reuben Woof (13’s), Jasper Cartwright (12’s).
Long distance events still being completed. Swimming report next week.
From The Principal

Last Wednesday was a wonderful day for us with two contrasting very important events, the Year 11 Orientation Day and Bravissimo. We have had a very busy third week of school.

Dux assembly

Last Friday we had our Dux Assembly to present Chantelle Cooper with her award. Her Year Adviser Lyndsay Neilson spoke about her outstanding attitude and work ethic and the times that they had shared over her six years at school. I spoke of her school leadership and the way that I had got to know her at the captains' morning teas, bonding over wedges and muffins. Chantelle gave an excellent speech to her fellow students. She had some very pertinent tips for doing well in Year 12. She spoke fondly of the support she had got from her teachers and parents. Her comments to students included, "It is not about how many hours you study, but rather how effective that study is. Homework is not the most attractive option, it can be boring and tedious, draining and difficult to understand, but you need to push yourself to your limits. You have to break down the mental barriers of procrastination and overcome distractions". Chantelle is going to Armidale this weekend to study medicine. This year's Year 12 were given badges as a symbol of their commitment to their final year. I would like to thank Mrs Holland and the CAPA staff for organising the assembly.

Year 11 Orientation Day

The main purpose of the day was to issue Year 11 with their assessment books and reinforce with them the rules around assessment and the satisfactory completion of the HSC. Students need to realise that in Year 12 their HSC mark is made up of half assessment mark and half exam mark. They need to establish good assessment task management now to maximise their results. They had a forum that included Year 12 students, teachers and the Career Adviser. Each panel member gave their opinion on what was important to succeed in Year 11 before taking questions from the floor. Mark White gave an interesting talk on careers and explained about the careers link on the website that he is setting up. Our counsellors and Head Space gave a talk on work life balance and maintaining your mental health. In the afternoon Chantelle Cooper and Emma Piper came along to give their perspective on how to succeed in the senior years. Mr Sanderson organised a pizza lunch. I would like to thank the many people who helped to make the day a success including Mrs Owen, Mr Sanderson, Mr White, Mrs Combey, Ms. Dockrill and Ms. Schwarz.

Bravissimo

Bravissimo is a wonderful Music concert that highlights the success of Year 12 Music students. Performers are selected from the Year 12 of the previous year. The performers came from as far away as Armidale, Foster and Coffs Harbour. Three schools from Port Macquarie were represented. The music came from a variety of genres from pop to blues, soul and classical. There were a variety of featured instruments including piano, saxophone, guitar, recorder, tympani, drums, banjo and voice. Our school was represented by Jordan Hanimair who played guitar and sang 'Lonely Boy' by the Black Keys. He was able to engage through his unique style and the quality of his voice. Jordan only started Music in Year 10 and now wants to do tertiary music study. We took along Year 9,10, 11 and 12 Music students so they could see the variety of music they can do for the HSC and the standard that they have to aim for. I would like to thank Clare Farmer and Briellen Lock for organising the excursion. I would also like to praise our students for their exemplary behaviour. They stood out from many others in the crowd.

Friendship Day

On Monday the 9th of February Port Macquarie Campus Year 7 had a 'Friendship Day' - a full day of activities held in the MPC for all of Year 7. The volunteers that facilitated the program greatly appreciated the support of staff who would have been teaching Year 7. The aim of the day was to facilitate the formation of a team spirit in Year 7. The students did a series of team building exercises. The day was evaluated highly by the students. I would like to thank our school chaplain Mike Peereboom and his helpers for organising the day.

P&C meeting

Our next P&C meeting will be in the school common room on February 17th starting at 7:30 pm. Please come along and hear what is happening in the school and take the chance to address any questions you have.

Next week we have P&C and zone swimming to look forward to.

Lorraine Haddon
Principal
Careers News

Where did our 2014 HSC Graduates Go?

A total of 76 students attempted their HSC at Port Macquarie High School in 2014. Of this group 37 students (49%) received offers from NSW Universities. The most popular university was Newcastle (46% of students) due to its diversity of courses and proximity to Port Macquarie. Charles Sturt University (22%) was the second most popular followed by the University of New England (11%). Other universities that students chose include: Southern Cross University, University of Western Sydney, University of NSW, University of Wollongong, Australian Catholic University and University of Sydney. The students have chosen a broad range of university studies with the three most popular fields being Health, Education and Science. The dux of Port Macquarie High School, Chantelle Cooper who achieved a fantastic ATAR of 97.9 has taken up the offer to study a Bachelor of Medical Science / Doctor of Medicine at the University of New England. A significant group of students have chosen to continue further education and training at TAFE in 2015. The students who have sought permanent employment are heavily employed in the Retail, Hospitality and Trade Industries. Many students have chosen to stay locally, However, a significant number will move to the bigger cities.

Regional University Roadshow

On Tuesday of this week 31 of our Year 12 students attended a presentation by Southern Cross, New England and Charles Sturt Universities. This presentation informed students about all aspects of a university pathway including: degrees, campuses, accommodation, services, scholarships, applications, student life and facilities. The students appreciated the insightful information as well as the chance to ask specific questions.
Defence Force Recruitment Presentation

On Monday of this week Australian Defence Force Recruitment Officers from the Airforce and Navy visited Port Macquarie Campus to speak with interested students in Years 10, 11 & 12 about career opportunities. This was a very popular presentation attended by 80 of our students. The students found this a very valuable information session and were surprised with the variety of occupations and opportunities available within the Australian Defence Forces.

Mr White – Careers Adviser

Attention All Parents and Students

Please check the address on your bus pass relates to your current address. If you have a new address please come in to the school’s front office and collect a Change of Address Form and a new Bus Application Form.

Attention students:
If you have any lost property and can describe the article please come to the front office.
Vaccination Program

Each year NSW Health works in partnership with schools to offer the vaccines recommended by the National Health and Medical Research Council (NHMRC) for adolescents as part of the school vaccination program.

- In 2015 the following vaccines will be offered:
  - Year 7 students*
    - dTpa vaccine (Diphtheria, Tetanus & Pertussis (whooping cough)) as a single dose
    - varicella vaccine (chickenpox) as a single dose; and
    - human papillomavirus (HPV) vaccine in a 3-dose schedule at 0, 2 and 6 months (students who commence HPV vaccination in Year 7 but do not complete the course may be offered catch-up doses at school in Year 8)

  - Year 11-12 students*
    - measles-mumps-rubella (MMR) vaccine as a single dose as part of a catch-up vaccination program for students who are not fully protected.

* The Parent Information Kits contain a consent form, information sheet and privacy statement that details how personal information will be collected, stored and utilised.

Parent Information Kits will be sent home to parents/guardians. To consent to the vaccination of their child, parents/guardians are advised to:
- read all the information provided
- complete the consent form, including signing their name next to the vaccine/s they would like their child to receive
- return the completed consent form to their child’s school
- ensure that their child eats breakfast on the day of the school vaccination clinic.

Parents/guardians who wish to withdraw their consent for any reason may do so by writing to the school Principal or phoning the school. The Procedure for Withdrawal of Consent is available on the NSW Health website at www.health.nsw.gov.au/immunisation.

To improve vaccination completion, students will be opportunistically offered any missed doses throughout the year where possible.

Please note that for HPV vaccine only, parents/guardians must record their Medicare Number (all 10 digits and the 11th number beside the child’s name) on the consent form, as this is required to record the student’s information on the National HPV Vaccination Register and (for female students only) link to the National or State Cervical Screening Program.

A Record of Vaccination will be provided to each student vaccinated at each clinic.
Parents/guardians should ensure that this record is kept for future reference and should not assume that their child has been vaccinated if they do not receive this Record of Vaccination.